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Climatology.

THE PLACE OF SOUTHWEST TEXAS IN CLIMATIC THERAPEUTICS.

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The season is drawing nigh when thousands of invalids and their medical attendants will be planning for a radical change of climate during the winter months. Until recently, unfortunately, the decision has usually turned upon the most attractive and seductive advertising matter put forth by railroads and local health resorts. So full of glaring misrepresentations and gross exaggerations have been these sources of information that much disappointment has necessarily resulted, and, naturally, much suspicion has been aroused as to the claims advanced by any and all resorts. But the time has come when reliable and official information as to the main elements of different climates can be obtained. The time has come, too, when we know that a climate must be prescribed like any other therapeutic agent. The selection of a suitable climate for any given case should in these days be no haphazard game, but should be the outcome of close and careful investigation as to the locality and climatic elements best adapted to the special case in hand.

Within recent years Southwest Texas has come into considerable prominence as one of the great climatic regions for consumptives. Yet I was told by a patient that our friend, the facetious author of "Graveyard Literature," told him that he used to send his patients to Texas, but as none of them ever came back he had quit it! Of course, the good doctor meant to convey the idea that they all got well and remained, and so were lost to him as a source of revenue! No doubt other physicians have had a similar experience, and no doubt, as well, there were several good reasons why these patients never came back, or, to tell the truth, died. Let us remember that after all is said and done death is in the world and will ever claim his generous proportion of consumptives. However, aside from the inevitable, there may be, first, a wrong choice of climate; and, second, the cases may have been so far advanced that a change of climate could not stay the course of the disease. And this leads me to marvel at the judgment displayed by physicians who send consumptives in the last stages away from the comforts of home, only to die on the road or within a few days after their arrival. I know we hear much about patients who came on stretchers, but who are now prominent and vigorous citizens. No doubt, there are a few such cases, but I confess I haven't seen the miracle with my own eyes. Patients who evidently have one foot in the grave and the other on the brink should, in my opinion, be left to enjoy the comforts of home and the tender ministrations of friends until the end has come.

I would like to indicate another class of sufferers who, it seems to me, have nothing to hope from a change of climate. I refer to the victims of acute tuberculosis. At least, I have never seen a case recover here. And once more, is it not reprehensible to encourage a consumptive without means and unable to work to spend his last dollar in getting to a good climate? Here, an invalid and a pauper among strangers, the lack of proper food and comfortable surroundings, the anxiety, the loneliness and the heartsickness, all are enough to crush the stoutest heart, and usually make short work of a penniless consumptive.

Excluding, then, the classes of patients who should not be encouraged to make a change of climate, there remains a very large number who should not only be urged but driven to a change. The earlier the better. The very first suspicions in the mind of the physician should impel him to ceaseless efforts to induce his patient to make the change. If this were done thousands of valuable lives would be saved every year. How often have I heard the sad story of dilly-dallying with "only a bad cold," or "only a bad cough," or of the failure even to make a careful physical exploration of the chest until the disease was so well established that even a fool could not fail to read the signs! How often must we hear the sad remark, "Came too late!" Suppose the diagnosis is uncertain; don't wait for that. A stubborn cough, loss of appetite, fever and progressive emaciation are indications enough for a change of climate. However, the microscope can, in most cases, settle the matter very early, and ought by no means to be neglected.

Reverting now to our first reason for ill results, viz., a wrong choice of climate, let us briefly differentiate. There are two classes of patients to be provided for: First, those who, for various reasons, can make the change only for the winter; and, second, those who are to make a permanent change of residence. Of course the latter plan should invariably be pursued, as it is the only safe measure for a permanent cure. Numerous instances come to mind where apparent complete recovery has ensued

upon residence here, only to suffer speedy relapse and death upon returning to a Northern home. In the transient class, the winter climate only need be considered. In the second class the whole-year climate must be studied. One might, for instance, greatly enjoy a winter in Southwest Texas, but be unable to endure the extended summers which would render a permanent residence impossible.

Coming now to consider the climates themselves, there are, broadly stated, two kinds—high-altitude climates and low-altitude climates. In the comparative table appended I have selected Santa Fe, N. M., and Denver, Col., as types of high-altitude climates; for low altitudes, I have chosen San Diego, Cal., on the Pacific Coast, San Antonio, Texas, in the Gulf region, and Asheville, N. C., Aiken, S. C., Thomasville, Ga., and Jacksonville, Fla., for the Atlantic region. The meteorological data given are only those concerning the most common climatic elements. One important feature which can not be given is the character of the soil. With the exception of the data for Aiken, Asheville and Thomasville, which are taken from Wood's Hand Book, I am indebted to the courtesy of the scholarly chief of the Weather Bureau, Prof. Mark W. Harrington, for the observations given; they may be relied upon as perfectly fresh and up to date. I think, for the purpose of ready comparison, the table explains itself, and needs no further words here. May I be permitted, also, to express my appreciation of the very practical and sensible little book on "Consumption; How to Prevent It, and How to Live with It," by N. S. Davis, Jr., M. D., published by F. A. Davis Co., Philadelphia. Physicians will, I think, find his remarks on choice of climate very helpful.

The chief characteristics of a high-altitude climate are: (1) Rarefied atmosphere; (2) diathermancy or clearness of atmosphere; (3) dryness; (4) coldness; (5) variability of temperature—great ranges; (6) slight rainfall, and (7) maximum number of sunshiny days. A glance at the tables will demonstrate most of these qualities. Theoretically a mountain climate seems almost perfectly adapted to consumptives; but practically a very large class of pa-

1. SAN ANTONIO, TEXAS.—LATITUDE 29° 27′—ALTITUDE 679 FEET.

	Jan.	Feb.	Mch.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Spring	Summer	Autumn	Winter	Year
Mean temperature	51.0	56.6	62.2	69.6	75.0	81.1	83.7	82.9	77.6	69.9	58.8	54.9	68.9	82.5	68.7	54.2	68.6
Highest "	81	90	93	97	104	103	104	108	103	99	88	86	104	108	103	90	108
Lowest "	6	17	21	35	46	53	58	57	50	40	21	10	21	53	21	6	6
Absolute range	75	73	72	62	58	50	46	51	53	59	67	76	83	55	82	84	102
Mean daily range	20.5	20.7	21.1	20.9	20.9	19.4	21.6	21.4	20.1	21.4	21.1	20.2	20.6	20.8	20.8	20.4	20.7
Mean relative humidity	70.5	67.3	66.4	67.3	70.6	70.3	65.5	67.5	71.8	70.6	69.9	69.6	68.1	67.8	70.8	69.1	68.9
Average rainfall in inches	1.8	2.4	2.1	2.7	3.0	3.2	2.3	3.3	4.0	2.0	2.5	2.5	7.8	8.8	8.5	6.7	30.6
Av. velocity of wind in miles per hr.	6.6	7.1	6.9	7.1	6.5	6.3	5.6	5.0	5.5	5.8	6.3	6.5	6.8	5.6	5.8	6.7	6.2
Prevailing direction of wind	N	N	SE	SE	SE	SE	SE	SE	SE	SE	N	N	SE	SE	SE	N	SE
Average number of fair and clear days	19	17	19	19	21	24	25	25	22	23	20	20	59	74	65	56	254

3. THOMASVILLE, GA.—LATITUDE 30° 50′—ALTITUDE 333 FEET.

Mean temperature	52.1	56.6	61.5	67.7	74.3	79.6	82.3	79.5	76.3	69.1	58.5	52.7	67.8	80.4	68.0	53.8	67.5
Highest "	78	82	88	91	94	100	101.5	96.5	94.5	94.5	84.5	79.5	94	101.5	96.5	82	101.5
Lowest "	14	28	32	36	54	63	66	63	53.5	37	26	10	32	63	26	10	10
Absolute range	64	54	56	55	40	37	35.5	33.5	41.0	57.5	58.5	69.5	62	38.5	70.5	72	91.5
Mean daily range						No	Record										
Mean relative humidity	63.7	62.8	62.2	62.3	62.7	64.7	66.0	69.9	67.7	68.2	66.6	64.7	62.4	66.8	67.5	63.7	65.1
Average rainfall in inches	3.4	3.3	3.9	5.2	3.7	4.3	4.6	7.2	3.8	5.1	2.6	3.8	12.9	16.2	11.7	10.6	51.5
Av. velocity of wind in miles per hr.	5.0	5.0	9.0	8.0	4.0	3.0	3.0	5.0	6.0	7.0	8.0	7.0	7.0	3.6	7.0	5.6	5.8
Prevailing direction of wind	S NW	S NW	S	S	S	S	S	S SE	S	S	S SW	S NW	S	S SE	S	S SW NW	*
Average number of fair and clear days	23	22	24	21	24	21	20	19	22	24	24	24	69	60	70	69	268

5. SAN DIEGO.—CALIFORNIA,—LATITUDE 32° 43′—ALTITUDE 93 FEET.

*S., S. E., S. W.,

Mean temperature	53.4	54.9	56.5	59.1	61.8	65.1	68.0	69.8	67.8	63.4	59.0	56.0	59.1	67.6	63.4	54.7	61.2
Highest "	78	85	99	93	94	95	88	92	101	92	91	82	99	95	101	85	101
Lowest "	32	34	38	39	45	50	54	54	50	44	38	32	38	50	38	32	32
Absolute range	46	51	61	54	49	45	34	38	51	48	53	50	61	45	63	53	69
Mean daily range	16.7	16.0	14.4	13.4	12.1	12.2	11.5	11.7	12.7	14.7	17.3	16.5	13.3	11.8	14.9	16.4	14.1
Mean relative humidity	71.4	74.4	76.0	73.9	74.4	75.5	77.2	77.8	78.2	74.4	69.7	70.2	74.7	76.8	74.1	72.0	74.5
Average rainfall in inches	1.6	2.1	1.0	1.0	0.3	0.1	0.1	0.1	0.1	0.3	1.0	2.1	2.3	0.3	1.4	5.8	9.8
Av. velocity of wind in miles per hr.	5.0	6.0	6.1	6.5	6.4	6.3	6.1	5.8	5.7	5.2	4.9	4.9	6.3	6.0	5.2	5.3	5.7
Prevailing direction of wind	NE	NW	W	W	W	W	W	W	NW	NW	NW	NE	W	W	NW	NE	NE W
Average number of fair and clear days	24	21	22	22	20	22	25	27	26	26	24	24	64	74	76	69	283

7. DENVER, COL.—LATITUDE 39° 45′—ALTITUDE 5,287 FEET.

Mean temperature	27.4	32.5	39.6	47.4	56.8	66.9	72.6	70.8	62.3	51.0	37.4	32.1	47.9	70.1	50.2	30.6	49.7
Highest "	76	77	81	83	92	99	102	105	94	90	76	74	92	105	94	77	105
Lowest "	-29	-22	-11	4	27	36	42	44	28	10	-18	-25	-11	36	10	-29	-29
Absolute range	105	99	92	79	65	63	60	61	66	80	94	99	103	69	84	106	134
Mean daily range	25.9	24.8	26.3	25.3	25.5	28.2	27.7	27.3	28.6	27.7	24.3	25.0	25.7	27.7	26.8	25.2	26.4
Mean relative humidity	54.5	53.8	50.2	50.0	49.3	44.6	47.2	49.1	46.0	46.9	51.8	55.3	49.8	46.9	48.2	54.5	49.9
Average rainfall in inches	0.7	0.5	1.0	2.1	2.7	1.4	1.5	1.5	0.9	0.8	0.8	0.7	5.8	4.4	2.5	1.9	14.6
Av. velocity of wind in miles per hr	6.9	6.8	7.3	7 5	6.8	6.6	6.3	5.8	5.8	6.1	6.3	6.2	7.2	6.2	6.0	6.6	6.3
Prevailing direction of wind	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
Average number of fair and clear days	28	24	25	22	24	27	27	26	27	27	26	28	71	80	81	80	311

tients should never be sent there. A high-altitude climate is indicated for: (1) Persons predisposed to lung trouble, especially if still under 35; (2) for cases of incipient phthisis; (3) for later stages, if patient is fairly vigorous, able to exercise and free from fever; the slower the progress of the disease and the younger the subject, the more favorable will be the effect of the climate; (4) "to persons suffering from any variety of the disease, providing the mountains are visited while the malady is in a quiescent state."

On the other hand, high altitudes are contra-indicated in the following classes: (1) those past middle life, making acclimatization difficult; senile phthisis; those too feeble to exercise; (2) those having active fever; the stage of softening with high active fever; (3) those having the hemorrhagic diathesis: those having profuse hemorrhages, aneurisms in the pulmonary vessels or elsewhere; (4) those having valvular heart disease or weak functional heart action; (5) those who have large cavities in the lungs or large areas of consolidation, thus greatly decreasing available lung capacity for respiratory purposes; (6) marked and extensive emphysema, pneumo-thorax or hydro-pneumo-thorax; (7) excitable, nervous people, whose condition the stimulating effects of the climate would aggravate, producing irritability and wakefulness. A great many consumptives are of that temperament and require a soothing, sedative climate, such as a low, warm altitude climate of moderate moisture; such a climate as that of Southwest Texas.

Conversely, a low altitude is indicated for these classes and it can be readily seen what a very large proportion of consumptives they comprise. To these, then, Southwest Texas addresses herself, along with the other notable low-altitude climates, as a candidate for favor. The low, cold altitudes of our Western and Northwestern States at one time were highly lauded, but there is little doubt that the low, warm altitudes reach a much larger number of lung invalids. There are three regions in this country answering the requirements of a low, warm altitude

2. JACKSONVILLE, FLA.—LATITUDE 30° 20′—ALTITUDE 43 FEET.

Jan.	Feb.	Mch.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Spring	Summer	Autumn	Winter	Year	Period Observation
56.2	59.5	62.5	69.9	74.8	80.8	82.8	81.7	78.3	70.5	62.6	56.9	69.0	81.7	70.4	57.5	69.7	18 yrs.
81	86	88	91	99	101	104	100	98	92	86	81	99	104	98	86	104	22 "
15	24	27	34	48	54	66	64	55	40	26	19	27	54	26	15	15	22 "
66	62	61	57	51	47	38	36	43	52	60	62	72	50	72	71	89	22 "
17.5	17.4	18.4	16.4	17.6	16.5	16.5	16.0	14.6	15.6	17.2	17.8	17.4	16.3	15.8	17.5	16.8	18 "
76.0	73.4	68.1	68.6	69.8	72.6	73.2	76.0	79.0	76.2	76.0	76.0	68.8	73.9	77.0	75.1	73.6	17 "
3.1	2.9	3.6	2.9	4.2	6.1	6.2	6.7	8.1	5.7	2.7	3.0	10.7	19.0	16.5	9.0	55.2	22 "
6.1	6.7	7.4	7.4	6.7	6.7	6.5	6.1	6.2	6.7	6.2	5.9	7.1	6.4	6.3	6.2	6.6	19 "
NE	NE	SW	NE & SW	NE	SW	SW	NE	NE	NE	NE	NE	SW	SW	NE	NE	SW NE	18 "
22	20	25	25	26	23	26	26	21	23	21	22	76	75	65	64	280	17 "

4. AIKEN, S. C.—LATITUDE 33° 32′—ALTITUDE 565 FEET.

48.0	49.9	56.4	63.3	69.2	76.0	78.8	77.1	72.2	61.8	53.8	47.4	56.5	77.3	61.9	49.7	61.6	11 yrs.
78	82	84	89		No	R	ecord			81.7	75	89			78		11 "
8	18	23	40		"		"			22	3	18			3		11 "
70	64	61	59		"		"			59	72	71			75		11 "
12.4	19.1	17.6			"		"	10.0	17.0	18.2	18.0						
65.03	54.1	49.0	53.9		"		"			63.6	61.5	52.3			63.4		2 "
3.6	3.2	4.8	4.7		"		"			3.4	3.2	12.8			10.3		11 "
3.6	3.7	3.2			"		"			2.4	3.2	3.4			3.0		11 "
SW & W	SW	SW	SW		"		"			SW	SW & W	SW & W			SW		11 "
19	19	21	23		"		"			19	20	64			59		11 "

6. ASHEVILLE, N. C.—LATITUDE 35° 33′—ALTITUDE 2,250 FEET.

37.3	38.9	44.9	54.1	61.5	69.3	72.0	70.9	64.0	53.1	43.4	37.4	53.8	70.7	53.5	37.8	53.9	8 yrs.
67	69	75	83	86	87	90	88	86	81	72	72	86	90	81	72	90	8 "
3	4	3	30	38	54	53	51	34	24	7	–1	3	51	7	–1	–1	8 "
64	65	72	53	48	33	37	37	52	57	65	73	83	39	74	73	91	8 "
15.3	14.6	19.5	18.1	20.3	20.1	18.5	16.2	16.9	Not	Obse	rved	19.3	18.2			14.9	1878
67.1	64.9	59.5	62.1	68.6	75.2	78.5	80.1	79.9	71.8	66.3	71.9	63.4	77.9	72.6	67.9	70.3	4 yrs.
2.6	3.6	4.3	3.4	3.5	4.2	4.8	4.6	2.3	3.0	2.9	3.0	11.2	13.6	8.2	9.2	42.2	11 "
				No	Obser	vation											
				No	Obser	vation											
17	16	25	20	29	23	21	20	22	25	23	18	74	64	70	51	259	2 "

8. SANTA FE, N. M.—LATITUDE 35° 41′—ALTITUDE 7,059 FEET.

28.4	33.3	40.6	47.0	57.6	67.0	69.6	67.8	61.1	51.4	37.0	31.2	48.4	68.1	49.8	30.9	49.3	17 yrs.
76	75	82	84	89	92	96	97	94	85	77	65	89	97	94	76	97	20 "
–13	–6	0	11	24	33	46	40	27	16	–11	–13	0	33	–11	–6	–13	21 "
89	81	82	73	65	59	50	57	67	69	88	78	89	64	105	82	110	20 "
21.2	21.6	24.1	24.5	24.5	24.4	22.2	21.2	23.0	23.0	21.8	22.4	24.3	22.6	22.6	21.7	22.8	17 "
54.3	55.4	44.9	38.3	32.8	32.3	46.8	51.3	46.1	44.3	50.9	50.4	38.6	43.4	47.1	53.3	45.4	16 "
0.6	0.9	0.7	0.8	0.8	1.2	2.7	2.7	1.6	1.0	0.9	0.8	2.3	6.6	3.5	2.3	14.7	33 "
6.9	7.1	8.6	8.3	7.8	7.0	6.5	6.0	5.7	6.4	6.2	6.2	8.2	6.5	6.1	6.7	6.8	14 "
N	N	SW	SW	E & SW	SW	E	E	E	SW	N	N	SW	E	N NE SW	N	SW N	15 "
27	24	27	26	28	28	26	26	28	29	26	27	81	80	83	78	322	19 "

—each having its fervent admirers and enthusiastic advocates, namely, Southern California, Florida and Southwest Texas; with Florida I include the other Atlantic resorts given in the table. California and Florida have, for years, enjoyed the advantages of the most extravagant and persistent advertising, especially by interested railroads. Southwest Texas came late into the field. It is scarce eighteen years since the first railroad was extended into San Antonio. Nor have the roads ever made the same effort to bring immigrants and tourists into this region that they have expended upon Florida and California. For this reason, too, Texas still lacks the elegant and sumptuous tourist hotels so generously provided in the former resorts. All this accounts for the comparative ignorance of the general public and the medical profession of the virtues of Southwest Texas. In the interests of humanity it is our duty to herald abroad the characteristics of our climate.

Asheville, Aiken and Thomasville have fine records, both meteorologically and practically. The vast pine forests surrounding the two latter must be considered as of great advantage, and the soil is well adapted to dryness. But all three stand for limited areas, and can hardly be considered with reference to a permanent residence, where a livelihood must be earned as well as health regained. Asheville is a mountain climate of very moderate altitude. I confess the meteorological observations do not impress me very favorably. The winter months are rather cold and bleak, the mean temperature being 37°. There is a good deal of rain, and in summer the humidity is 77. However, there is good drainage, and the soil is dry and porous. Dr. Thomas E. Linn, formerly of Pulte Medical College, Cincinnati, has recently partially recovered there from a case of laryngeal tuberculosis, and justly sings loud the praises of Asheville, N. C. His recovery, if it proves permanent, is remarkable, as, in my experience, this disease has proven incurable.

Jacksonville is chosen to represent the climate of Florida, because of the complete observations available. It is no doubt true that it is not in every respect a good representative of the Floridian climate; it is more damp, and the temperature ranges are greater than inland and western coast points in Middle Florida. Dr. E. M. Hale, who is a pseudo-resident and ardent admirer of Florida, gives very interesting and complete information on this subject in his recent work on "Practice."

The chief characteristic and advantage of the California climate is the *equability* of the temperature. This is due largely to the influence of the Japan Gulf Stream. The winters are not so cold, nor the summers so hot as elsewhere; nor are the daily variations so great. But the air is very damp along and near the coast, subject to heavy dews and fogs. The changes from sun to shade and from day to night are keenly felt, and must be guarded against by invalids. Dr. Remondino, in his interesting and beautiful book on "Southern California, the Mediterranean Shores of America," makes a strong point of the equability of the temperature, and claims that it is the most important factor in climates noted for their favorable effect upon consumptives. Dr. Denison, on the other hand, claims variability as a factor in an ideal climate for such cases. In my opinion it makes all the difference whether the variability is found in a dry or moist atmosphere, and this no doubt explains Dr. Denison's observation as a resident of Colorado—a dry climate. However, it must be said that California contains any number and variety of climates, according as one goes from shore to interior, or from coast into mountain or valley. A difficulty here (as in Florida also) lies in the inaccessibility and unsettled state of favorable localities. The long and tedious journey over high mountain ranges and plateaus is also a great drawback to health-seekers from the East. In this respect Southwest Texas is very accessible from the East and North. Through sleepers run from Kansas City or St. Louis to San Antonio in thirty-six hours.

Southwest Texas is not a flat country, but rolls up from the Gulf Coast into hills and mountains, from one thousand to two thousand feet high, and easily accessible by rail from San Antonio. This country is dotted with thrifty villages and extensive ranches, though there is, of course, still a vast area uncultivated or unsettled. The altitude of San Antonio is six hundred and seventy-nine feet, a little more than that of Chicago. Boerne, thirty miles northwest, a favorite resort, is one thousand two hundred feet high, and Kerrville, seventy-five miles away, ranges one thousand four hundred feet. Steadily rising ground is found also along the Southern Pacific Railroad, until, at El Paso, we reach three thousand five hundred feet. The soil, as a rule, is porous, dries quickly and yet stands drought wonderfully. Being hilly there is good natural drainage. The atmosphere is neither excessively dry nor excessively moist, but the mean humidity is moderate, being that considered best adapted for healthful respiratory purposes, 68.9°. It is driest in the summer, dampest in the autumn, but the variations are very slight. The greatest amount of rainfall is in the summer and autumn—least in the winter. It may be a surprise to learn that a region which has the general reputation of being subject to droughts should average, for twenty-one years, thirty inches of rain per year. Indeed, portions of the North and West are, of late years, as badly afflicted as Texas, if not worse. The winters are really delightful. The rainfall is slight; the average temperature is 54°. The number of fair and clear days during the year is two hundred and fifty-four—slightly less than California and Florida—but nevertheless these cloudy days are usually not rainy and the mild temperature permits of continued out-door life and exercise. The possible temperature ranges are slightly greater than those of Florida. This is due to the fact that Texas is more directly in the line of the blizzards from the North. The lowest temperature ever recorded in San Antonio was 6°; the highest 108°. During the five winters of my residence here the lowest temperature observed was 16° (last winter) and that but once. Last winter the temperature never descended below 25° except once, when it registered 16°, as stated. Thus it can be seen that, as a rule, the lowest temperature is only a bracing coolness.

Dr. Hale defends Florida against the common slander of malaria, of course there are malarious districts which must be avoided. But he says most of these so-called malarial fevers are caused by bad food, bad sewerage and exposure to night air. I may say truthfully of Southwest Texas that it cannot be considered malarious. Eastern Texas, bordering on the lowlands of Louisiana, is decidedly so; but in

Southwest Texas malaria occurs only occasionally and the poisoning is very mild in type. When meeting it I have always found it very amenable to treatment. While I can not, therefore, say that we have absolutely no malaria, yet it is so mild and comparatively so infrequent that health-seekers need not regard it in selecting this region for residence. One must not overlook the surprising frequency with which both the laity and physicians diagnosticate the fevers so common in lung patients as malaria. While this may at times be done to disarm the patient's mind, yet I have known of repeated instances where prominent practitioners have prescribed large doses of *Quinine*, for long periods, to "break the fever," which they dubbed "malarial."

Concerning nasal and naso-pharyngeal catarrh, nothing positive can be said. Some cases recover and others receive no benefit. Many native-born people suffer from this national disease.

It were folly to claim perfection for this or any other climate; indeed, such claims have been too freely made in the past and in consequence many are disappointed. People come here and expect to find paradise; that lies beyond the river which most of them are so anxious not to cross. When an occasional rainy day comes, or a cold snap, their lamentations and denunciations take all the fun and benefit out of it for us natives, who are, of course, held responsible! But there are two features, especially prominent, which cause annoyance to some and suffering to others, and thus contra-indicate a residence here. I refer to the "northers" in winter and the extended heat in summer.

A "norther" is simply the tail-end of a Dakota blizzard. Were it not for these cold blasts from the north our temperature would probably never go below 40° or 50°. But during November, December, January and February, at intervals of about seven days, and lasting for thirty-six or forty-eight hours, we are visited by a "norther." Preceding them for some hours it will be unusually warm and sultry. Then, in a moment, in the twinkling of an eye, the cold wind from the north is upon us, gradually increasing in severity for twelve or twenty-four hours, and then moderating until, in about three days, the normal winter temperature is re-established. Now, theoretically, these sudden changes would have to be condemned; the only low warm altitude which escapes them lies beyond the Rockies. Florida suffers equally from them. Practically, however, they are not harmful, but even beneficial. The dryness of the atmosphere robs them of the damage that might otherwise be inflicted, just as is the case in the variability of mountain climates. The sultry period preceding, caused by the crowding down of the warm air ahead of the north wind, is always ample warning to the wise to keep near ready shelter or to be provided with wraps. By suitable changes in the clothing, according to the temperature, most invalids will suffer no harm and but little inconvenience. On the other hand, the effect is tonic and bracing every way. As Dr. Morse K. Taylor says: "They are the people's blessing. They bring down an abundant supply of fresh, cool, dry, stimulating air from the sub-Arctic regions, the invigorating influence of which is felt by every one." As said before, also, the temperature seldom drops down more than a few degrees below freezing, even in the severest "northers." As to a "wet norther" —one accompanied by rain and therefore damp— which is an occasional occurrence, I have no defense to make or excuse to offer. They are disagreeable and must be accepted submissively as one of those thorns in the flesh with which even the most perfect climates will prick us somewhere.

Owing to the northers, as the chart indicates, the prevailing wind is from the north during November, December, January and February. During all the other eight months the prevailing and almost constant wind is a most delightful and balmy breeze from the Gulf. This it is that renders life to many not only endurable but even pleasant, all through the extended summer heat. The mean temperature of spring and autumn is 68°; of summer, 82°. The highest temperature ever recorded was 108°; not so high as in many Northern and Western States, where mercury at times climbs up to 110° and 113°. The usual maximum registers from 90° to 96°. Here there are two factors that greatly temper this heat —the dryness of the atmosphere and the cool Gulf breezes. While it may be very hot in the direct rays of the sun, in the shade it is perfectly comfortable, and not, as in California and Colorado, and even Florida, chilling. Invalids can, with perfect safety, enjoy this breeze during the summer, and even sleep in it without taking cold. Of course the heat of the day is opposed to active exercise for invalids, but outdoor life is possible night and day for at least four or five months of the warm season. By reason of this balmy Gulf breeze the nights are always cool and yet dry; sunstrokes are almost unknown; fogs do not occur a dozen times a year. Quoting again from Dr. Taylor (Major, retired, U. S. A.), Wood's Ref. Hand-Book, article "Texas:" "The impression prevails abroad that the summer temperature of this portion of the State is exceedingly oppressive. Aside from the length of the summer season, this is a great mistake. The nights are always cool and dry. From May to October there is rarely any dew, so that persons may sleep in the draughts, on their porches, verandas, housetops, or under the trees, with perfect freedom from liability to take cold. Every one seeks the draughts at night, when, with a moderate covering, a delightful, refreshing rest is obtained. * * * The writer has had every opportunity of judging climates of various parts of the United States, * * * and he avers without reservation that the summer nights of Southwest Texas are more delightful than those of any interior region south of the great lakes." Only those who know by experience that extended periods of heat are enervating are therefore debarred from all-year residence here. On the other hand, there are many consumptives who always do better and feel better during the warm season of the year. Such will do well in Southwest Texas. I am of the sincere conviction that, other things being equal, consumptives will make far greater gain during the long, dry, warm summers, with their equable temperature, than during the more or less imperfect winters.

The same climatic conditions so helpful to consumptives favor sufferers from rheumatism, nephritis, and nervous disorders. The eruptive diseases of children are unusually mild, and I may say uncommon. During five years of active practice in San Antonio, I have seen but two cases of mild scarlatina, both occurring in the same family. I have treated but eleven cases of diphtheria in that

time; two of these were laryngeal, and died. Of the nine pharyngeal cases two died and seven recovered. Of these nine, five occurred in one family, and the two deaths occurred among them. This family lived in indescribable filth. During an epidemic of measles last spring, a surprisingly small number of children died, when compared with the mortality common in the North. No doubt this is due to the mildness of the climate, to which must also be attributed the rarity of croupous pneumonia. For delicate children, who need constant outdoor life, this climate can not be surpassed. It seems to me that the chances for raising children to maturity are infinitely better here than North. I have seen a number of delicate children with recurring bronchitis and asthma perfectly cured by several winters' residence in this region.

If I may be permitted to refer to the case of my wife, it will illustrate what the proper selection of climate and an early change can do. Incipient phthisis, localized by consolidation in the upper left lung, followed insidiously upon several severe attacks of bronchitis, with slight bronchial hemorrhages and pleurisy with adhesions. These attacks antedated the phthisis by from three to five years, and the latter localized itself in the vicinity of the adhesions. Fever was slight, not over 100°, a constant slight hacking cough, but very little sputum, loss of appetite, progressive loss of flesh and strength. There was no doubt of the diagnosis, as it was confirmed by such competent men as Drs. J. S. Mitchell, E. H. Pratt and C. E. Fisher. Now, ordinarily, such a case would indicate a high-altitude climate. But there was a rather nervous temperament, with rapid heart action, for some years. A summer spent in the Black Hills, South Dakota, demonstrated the fact that an elevation of even 2,500 or 3,000 feet aggravated the nervousness, produced sleeplessness and loss of flesh. Within six months after her outing there, the phthisical symptoms developed. By the kind advice of Dr. Fisher, who was at that time visiting Chicago, San Antonio was selected for an immediate transfer of residence. Within three months of the discovery of the real nature of her disease, the change was made, in the spring of the year. The result has been most happy. Within a year, notwithstanding several severe sicknesses, aside from the lung trouble, the lungs were entirely cleared up, and all other symptoms had entirely disappeared. The improvement has been permanent. After four years' continued residence a visit to the North of five months, from May to November, spent mostly in the lake city of Cleveland, gave an opportunity of testing her soundness, resulting in no harm whatever. It is interesting to note that the rapid heart action entirely subsided after her recovery, and has since been normal in rhythm and quality.

One word more with reference to some essentials outside of mere climate. San Antonio, the largest interior city between New Orleans and San Francisco, and Austin, the State capital, eighty miles north, are both very delightful cities for residence. There is much of romantic and historical interest in both cities. Complete and extensive electric-car systems render outings cheap and convenient. San Antonio is given the preference by most tourists and health-seekers. It is a busy and growing city of from 50,000 to 60,000 souls. On account of its romantic situation and scenery, its beautiful winding San Antonio River, its old Spanish civilization, the historic Spanish missions, almost two centuries old, of which the "Alamo" is renowned in story and song, its Fort Sam Houston, one of the largest and finest military posts in the United States, all lend attractiveness and interest to strangers. I can say, too, without flattery, that the medical faculty is decidedly superior to the average found in cities so remote from medical centers. The regular school numbers among them a dozen physicians whom I would not hesitate to rank as peers of the best men in Chicago or any other large city. As to the Homeopathic school, I would only modestly say that eight active and well-qualified practitioners are doing missionary work in breaking down the walls of prejudice and bringing in the era of that system which we so fondly believe cures "*cito tuto et jucunde.*" In Austin there are five Homeopaths. Outside of these cities they are conspicuous by their absence.

The water supply is abundant and perfect in purity. It is drawn partly from the head-springs of the San Antonio River and partly from artesian wells. A large portion of Southwest Texas overlies an immense artesian basin, from which an inexhaustible supply of water can be obtained. Undoubtedly it will be utilized in the near future for irrigation and then Southwest Texas will excel even California in productiveness. From a sanitary point of view the city does not lag behind. A complete, modern sewerage system is now under construction.

But the health-seeker need not detain himself in San Antonio. He can find scores of thrifty towns scattered over this large area, or extensive ranches to which he can retire or where he can make his home. The pleasant seaside resorts of Aransas Pass, Rockport, and Corpus Christi, one hundred and thirty miles distant, as well as the unrivaled beach at Galveston, attract hosts of visitors during the warm season. Others retire into the mountain resorts to the northwest for recreation and cooler temperature. Shooting and fishing are unsurpassed in the coast region, while in the mountains deer are still the prey of the sportman's rifle. Then, too, a trip into Mexico must not be forgotten by those who are able to take this interesting and delightful jaunt.

All in all, there is every reason to justify us in encouraging health-seekers and change-seekers to give Southwest Texas a trial; at least, to consider her claims and the indications. While some may be disappointed, as will be the case elsewhere, yet many will, no doubt, receive pleasure and benefit, and not a few, let us trust, find here *life.*

THE CLIMATE OF SAN DIEGO, CAL.

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In accepting an invitation from the editor of the Medical Century to say something about the climate of San Diego, I beg first of all to assure the reader that I do not propose to go into extensive "tables," showing humidity, temperature, etc., or, if possible, to establish the claim that there is really but one health resort on earth, and that this one ideal spot is the city which rests upon the broad, placid bosom of the Bay of San Diego.

Indeed, California, or the larger portion of it, abounds in localities which offer to invalids all that

a rational being should ask, and South California presents so many features which arrest the attention of climatologists that professional men who are familiar with this State, and who are actuated by honorable motives, are really at a loss how to do justice to all claimants and to rival localities. In Southern California, Santa Barbara, Los Angeles, Pasadena, San Diego, San Bernardino, "The Palms," Redlands, Colton, Banning, Alpine, etc., in fact, almost every ranch and hamlet in Southern California, when compared with the East, offer to the invalid inducements for residence which dare not be treated lightly. It can not be denied that certain differentiations can be established between them, but they all meet what to me appears the one point of supreme importance in the so-called climate cure—the possibility of an open-air life throughout the year.

Other considerations exist, and other demands must be met; but no argument can dispose of my claim that a normal life out in the open air every day in the week in the year is to the invalid the one item of chief importance. This admitted, evenness of temperature, all the year, and the absence of pronounced diurnal changes become additional and very important items, since they determine practically the possibility of living in the open air without inconvenience or taking cold. To dilate upon all, and there is included in all this "taking cold," appears superfluous when writing for the professional reader. Of equal importance is the question of humidity and altitude, since it is well known that these, in individual cases, as well as in certain pathological groups, are to be carefully considered; yet, save in a general way, we do not yet know how to utilize them intelligently. Daily experience proves that patients not infrequently fail to do well at an elevation which was selected as suitable for them by intelligent and experienced medical advice, while at an altitude deemed too high or too low they prosper abundantly; others, sent inland, because nearness to the sea was counter-indicated, say, by a tendency to bronchial catarrh, return from the foothills or mountains or from some valley, quite out of humor, not at all better, to thrive abundantly in sight of the sea.

Strange as it may seem to some, the subject of climatology is remarkably complicated, and grows constantly in complexity as circumstances force upon one opportunities for careful observation on the spot. This applies especially to California, where such wonderful varieties of "climates" exist, and where often enough there is between two adjoining ranches or valleys or town-sites actually more difference climatically than may be found in any two adjoining Eastern States. If, then, a physician realizes this fact, from repeated demonstration, he must approach a discussion of the advantages of a peculiar locality with a sense of keen apprehension that he may blunder or over-do before he is done. It is, of course, far different with the Eastern physician who takes a flying trip through the Southwest, spends less than twenty-four hours in a locality and returns home satisfied that he, at least, knows all about it and may well pose as an authority. Such instances have occurred!

Bearing, then, in mind that I am ready to acknowledge, and that I really claim, that all Southern California is one big sanitarium, from the desert to the seashore, I must yet plead guilty to the belief that, all things considered, San Diego combines, to an unusual degree, even among South California cities and health resorts, features which make it the most delightful place for permanent residence, and which render it of particular interest to those who, from the approach of old age, exhausted vitality, or threatening or fixed disease, are forced to look for a spot where sunshine, pure air and evenness of temperature can be found throughout the year.

My attention was first called to this region by the late Dr. G. W. Barnes, whom I had known in 1867. The older men in the profession and my classmates will recall him as he appeared during the last year he attempted to lecture. Even his indomitable energy seemed hardly sufficient to sustain him on his feet, and when he left Ohio few had faith that he would live long enough to reach Florida, the objective point of his journey. I had for years thought him dead, when I received a letter from him, and was amazed to learn that he was alive, fairly well and engaged in the successful practice of medicine. Correspondence with him resulted in my sending to Southern California, and to San Diego, quite a number of invalids, most of whom did sufficiently well to convince me of its possessing unusual advantages as a winter home for the sick and half-sick. It was only since my own establishment here that I discovered the equal, if not superior, advantages of San Diego as a summer resort. I was so fully convinced of the superiority of San Diego that I felt keenly disappointed when the late Dr. M'Guire, of Detroit, selected for his own home a locality further inland, and I promptly brought my wife here when she exhibited symptoms of serious pulmonary trouble. The rapid and permanent improvement in the health of my wife has proved the wisdom of my choice, even though, before my arrival here, I was solemnly assured that she might recover at ——, but could not possibly live more than a month at San Diego. So remarkable has been my wife's improvement, and so satisfactory the results of a prolonged stay here on part of many patients under my care, that I have patiently borne violent fits of homesickness, and have so far resisted several attempts to lead me back into more stirring and satisfactory lines of professional activity than I can hope ever to find here.

And what, then, are the chief attractions of San Diego?

Having already promised not to trouble the reader with "tables," and they are at the disposal of any who desire to substantiate anything I may say, I will merely state that there is sunshine practically all the year, and a temperature strangely equable from year to year. One here soon learns to love the sun better than ever in the East, for it is rarely oppressively hot, not even in August and September. Extreme heat is as unknown as is extreme cold. This feature does not by any means belong to all Southern California, but especially to this bay region. Even a few miles away from the seashore quite a difference may be found. In September, for instance, when at San Diego the noonday temperature is not likely to pass beyond 82°, or 86°, the thermometer will register 102° in the shade in the El Cajon Valley, a distance of only fourteen miles. At San Bernardino, Redlands, Pasadena, Los Angeles—and all of these are charming places and possess many attractions of their

own—it becomes very hot in midsummer, and the hot season invariably brings to me patients from there, who, at other times of the year, like to live there, and friends whose business interests are there, but who "cannot stand the heat." On the other hand, the winters at San Diego are not cold, and the diurnal changes are so strikingly moderate that there is no feeling of coldness in the late evening or at night, while it is yet sufficiently cool to make fairly heavy bed covering comfortable.

To illustrate, in the five years from 1876 to 1880, inclusive—and these years represent the average temperature—the U. S. Signal Service report shows:

MAXIMUM TEMPERATURE.

Degrees.	Number of Days.
52 to 55, inclusive	14
56 to 60 "	192
61 to 65 "	493
66 to 70 "	503
71 to 75 "	447
78 to 80 "	120
81 to 85 "	29
86 to 90 "	11
91 to 95 "	15
97	1
99	1
100	1

MINIMUM TEMPERATURE.

32 to 35 inclusive	9
36 to 40 "	51
41 to 45 "	168
46 to 50 "	392
51 to 55 "	406
56 to 60 "	415
61 to 65 "	334
66 to 70 "	52

Approximately, the mean temperature in spring is 59.75°; in summer, 67.85°; in autumn, 63.17°; in winter, 53.95°.

This evenness of temperature, the absence of great heat in the summer and of severe cold in the winter, does away with the necessity of "going away" for a portion of the year in order to insure physical comfort, an item of importance to those who must economize their means or their strength.

The moderate degree of humidity at San Diego is another remarkable feature of this place. As a matter of course the moisture in the air, generally speaking, is always greater near large bodies of water, as the sea, than further inland, but observations, made for a long time and with that precision which characterizes the work of the United States Signal Service, verifies the statement by Huntington Richards, who places the mean humidity as follows: For spring, 73.6; for summer, 75.8; for autumn, 71.4; for winter, 70.9; for the year, 72.9. Says the president of the State Board of Health of California, some years ago charged with the duty of reporting upon the locality best adapted to the needs of a State sanitarium for consumptives: "The prominent features of this place, San Diego, may be stated to be an equable summer temperature, with light winds from the west and northwest, and an agreeable change between day and night, while the winter is so mild that frost seldom does damage to vegetation. The humidity of the place is due mainly to its proximity to the coast, but this is considerably less than at more northern settlements. It is this element of climate, its lower relative humidity, which has seemed to constitute one of the chief advantages of this section of the State in a sanitary point of view, in the winter season especially, over other points along the coast. To this must be added the mildness of the temperature and its exemption from sudden extremes. That the climate of San Diego and its surroundings does exert a favorable influence over some forms of phthisis in the early stage, there can be no doubt. Abundant evidence of the fact is shown by the history of many persons now resident here, histories which seem to include, among other factors, the one all-important one of a correct diagnosis. A greater number of cases may be met there than in almost any other portion of the State. Low fogs seldom visit San Diego, but the upper atmosphere is often misty in early morning, the sky brightening at 9 or 10 a. m. Strong winds are not common. The prevailing direction of the current is from the northwest and west, increasing in velocity from early morning until 3 or 4 o'clock p. m., when they gradually decline in a gentle breeze. During the hours of highest temperature the air is not oppressive; the nights are cool and refreshing. Malarial fever does not originate here. The average rainfall is nine inches."

Humidity is materially affected by the presence of fogs. And fogs, *per se*, are not pleasant. I do not remember that I have ever known a Californian, outside of San Francisco, to acknowledge that in his locality fogs are anything but a curiosity, very exceptional occurrences, if they occur at all. Personal experience tells me a different story. Fogs do prevail all along the coast, and in Southern California —I do not know how it is north—are very much worse a few miles inland than right on the coast. At San Diego, since my residence here, some five or six years, I can not recall more than five or six heavy fogs, though at certain seasons of the year the roofs of houses and sidewalks often show that a considerable moisture has been precipitated during the night. I believe I may safely say that I have seen much less foggy weather right here than in Michigan; with the residents the fogs we have amount to nothing, though, if some invalid happens to come here when there is a suggestion of a fog, or a really honest, genuine fog in all its glory, he is sure to complain of it bitterly, feels personally aggrieved, and leaves on the first train.

The subject of humidity suggests rain-fall, which in San Diago during the year averages from 8½ to 9¼ inches. During six or seven months in the year not a drop of rain falls. The so-called rainy season begins in late fall or early winter, possibly not until December. Eastern people find it difficult to realize that during the rainy season there is no continuous "drizzling," but that there are a larger number of beautifully clear, sunshiny days here than during the Eastern midsummer. Being further south than Los Angeles, we are robbed of many a rainstorm which gives to that part of the State a longer-continued verdure and more prolific vegetation than we have here, a fact which has its advantages to the invalid at San Diego, but does not please the rancher. The rains we have here are preceded for some days by an overcast sky, and, once begun, consists of a heavy "down-pour," a large amount of water usually falling in a short time. Once over, the sky is clear, the atmosphere intoxicatingly fresh, the sunshine radiant, and the wonderfully beautiful brown and yellow tints of summer—a beauty which can not be realized without having lived here some years, or without a keen appreciation of colors—rapidly gives way to a most luxuriant green. Three or four such rains constitute the

"rainy season" here. The city of San Diego lies on a gentle slope surrounding the bay, and rising to a level of three hundred or more feet above the level of the sea; the soil dries quickly after a rain; drainage is excellent. The water is of good quality. An agitation is now going on to force the city to provide a supply of water large enough to irrigate the surrounding country, for "water is King," and to make it so cheap that residents in town can be liberal in its use for irrigating lawns, trees, etc. The discussion in the papers connected with this agitation have left the impression that we have not enough water for daily need, and that its quality is poor. This is not correct. I use the city water, filtered and cooled in an olla, and find it all one can ask, both as to purity and taste; yet those too fastidious to use the city water can, at five cents a gallon, have delivered at their house the Coronado water, as pure as any water on earth, or the water of any one of a dozen natural springs.

Is there much and severe wind at San Diego? Observations made during a continuous period of twelve years prove that the velocity of the wind in the spring, to the hour, is 6.6 miles; in summer, 6.2 miles; in autumn, 5.5 miles; in winter, 5.4 miles; an average for the entire year of 5.9 miles per hour. It is thus seen that there is a constant gentle breeze all the year, bringing an abundance of fresh air, rarely quite dying away or becoming disagreeable. To the invalid this breeze may prove a source of great comfort or a curse, just as he sees fit to make it. If careful in clothing himself warmly, if prudent in selecting a proper spot for resting, the breeze is not only harmless but a blessing; if indifferent to the dictates of common sense, if bent upon exercising and bringing on copious perspiration, and then resting wherever a chance offers to sit down, it becomes the means of taking cold, and gives rise to mischief at San Diego, as elsewhere.

Violent convulsions of nature are almost unknown at San Diego; all we know of them comes to us in the way of newspaper reports from the East and North. But once since I came here have we had a thunder-storm, and that storm, in Michigan or Ohio, would not have kept a baby indoors. Only once during my residence here have we had an earthquake. The principal harm said earthquake did was to abjectly scare the writer of this and a few other nervous cranks; it disturbed no building; did no harm whatever. Life here is simply a *dolce far niente*, and it is no exaggeration to affirm that the very considerations which draw to this spot the sick and the afflicted, become a source of annoyance to one who, like myself, loves the pronounced change of seasons which occurs in other parts of the world.

These are the considerations which brought me here, which have kept me here, and which make me think that few spots on earth can compare with San Diego in healthfulness and in blessedness of material existence for many a poor soul who could not live elsewhere. Is San Diego, then, a paradise? By no means. People who can not, from some constitutional peculiarity, live on the seacoast, should not be here. Consumptives, with extensive breaking down of lung tissue, and pronounced hemorrhagic tendencies, will do much better in the arid belt near, or on the desert at San Bernardino, Colton, "The Palms," Indio, etc. But this is the place, par excellence, for those who are still in the early stage of phthisis, who suffer from nervous irritability or weakness, heart troubles, renal affections, gastric difficulties; for all those who, to live, must make the most of their strength, must live out of doors, revel in an abundance of fresh pure air, require a low altitude, an even, moderate temperature. For that kind of people—dare I say it?—there is but one place on earth, and its name is San Diego.

One thing more: A person already more than half dead can not be expected to get well here. It is wicked to send people here only to afford California physicians a chance to sign a death certificate. It is equally wicked to tell patients that to "try the climate" is quite enough; that "doctoring" can be dispensed with or carried on by the home physician. To set sick people wholly adrift here is worse than foolish, for if ever they need and can utilize medical advice, it is here. They need it in order to select a place suitable for them; to protect them against their own ignorance of local peculiarities; to determine whether or not they are doing well where they are; to fully utilize the kindly effects of the climate by adding to it careful, skillful medication, or other needed treatment. Hundreds of lives are sacrificed yearly because people come here too late; come here under misapprehension of facts; live in the wrong towns or houses; do, on every possible occasion, the thing they ought most painstakingly to avoid; and these people meet every objection made, and every attempt to have them do what is prudent, by the remark that their own doctor at home told them just what to do after they got to California.

ASHEVILLE, NORTH CAROLINA.

By T. E. LINN, M. D., Asheville, North Carolina.
ex-professor principles of surgery, pulte medical college, cincinnati.

It was about five or six years ago that a gentleman of wealth, accompanied by a frail and delicate child, a girl of about fourteen, or, perhaps, fifteen years of age, was traveling through Europe upon the advice of several of the most eminent physicians of this country, searching for a place where nature would restore the glow of health to the cheeks of this young girl. Here and there they wandered from Scotland to Spain, thence into Italy, back again to France, up into the mountains of Switzerland, across the Mediterranean Sea, into Africa, up the historical Nile, ever searching for a suitable climate; back again into Europe, consulting the most eminent and renowned of medical men, until, one happy day, a certain physician, an American, said to the anxious father: "Why don't you take your child to the mountains of North Carolina?"

The father was at first indignant to think that any one should recommend a resort in his own country, over the celebrated resorts of the old world; but upon further inquiry and investigation he accepted the advice of the American physician and came to Asheville. A short residence here convinced the now happy father that at last he had reached that haven for which he had been searching for years. To-day, that at one time delicate child is the strong young woman who follows the hounds in the exhilarating sport of the fox-chase, a picture of health, a child of climate.

Seven years ago a young man, a bank clerk, of St. Johns, N. B., came to Asheville, and for ten

months after his arrival was confined to a cot, too weak to arise, too near death for hope. He was of an extremely delicate frame; he was of ambitious mind; he observed not the laws of health; he taxed his strength too far, and now phthisis had claimed him and the sentence of death hung over him like a shroud. His vitality was gone, his nervous system was jarred, all hope had disappeared and his mind dwelt upon the gloom of the tomb. Oh! melancholy thought! To-day this young man fills an important clerical position in this city, and enjoys, to all intents and purposes, good health. Has he recovered entirely? No. Does he cough? Yes. Has he phthisis? Yes. How long can he live? He has lived and prolonged his life for seven years. He can live for years to come. What is his opinion of the climate of Western North Carolina? He loves it.

One year ago the writer of these lines, while in search of wealth and happiness, suddenly awakened to the knowledge that his health was seriously impaired. A sojourn on the lakes of Michigan instead of benefiting did serious damage. Four golden weeks lost and more than lost. A hurried departure for these mountains and none too soon—a life in the balance, which way would it go, to health or to destruction? Did he have fever? Yes. Did he have cough? Yes. Was he emaciated? Yes. Did he have rigors? Yes. Did he have phthisis? Yes. Did he have malaria? No. How do you know he had phthisis? By the laryngoscope and microscope. Did you find baccilli? Yes. What is the result of a year? No fever, slight cough, excellent digestion, and a gain in weight of twenty pounds. Has he phthisis to-day? Yes. How is his health? Excellent. Would a life-insurance company accept him? No.

There are dozens, aye, hundreds, of similar cases and similar recoveries, some to remain here, others to return to their former homes. What virtues does Asheville possess to bring about these happy effects? Her climate, her altitude, her sunshine, her soils, her vegetation and her magnificent scenery.

What is phthisis? A calamity. Can it be inherited? Yes. Can it be contracted? Yes. What causes it? Fate. Is it curable? Yes. When? In the beginning. How? By nutrition. Are drugs curative? Directly, no; indirectly, yes. What drugs should be selected? Those that act upon the organs of digestion. Does climate cure phthisis? No, it arrests it. How? By its dryness. In what manner does dryness of air arrest phthisis? Moisture favors germ life, dryness antagonizes it. Then phthisis is due to micro-organisms? Phthisis manifests itself by germ life. Why is altitude a virtue in the treatment of phthisis? It quickens respiration, accelerates the heart's action, increases the amount of watery evaporation from the skin and lungs, and diminishes the amount of urinary excretion. Are all high altitudes to be recommended, independent of locality? No. Why not? Because they may be damp. Why are the Southern mountains and Southwestern mountains superior to the Northern mountains? Because they are dryer. What other conditions should be remembered in selecting an altitude? Make the invasion into the higher altitudes gradually; also take into consideration the diurnal range of temperature. What objection is to be made to coast resorts for the treatment of phthisis? They are damp, the humidity is too great and the heat is often oppressive. Is a hot, dry climate preferable to a cold, dry climate? I think not. If the cold be not too severe, I would prefer it. Why? Because heat oppresses, cold exhilarates.

GEOGRAPHY.

This western section of North Carolina is a rugged, mountainous plateau.

It forms a narrow, irregular, much-indented trough, lying between the bifurcating chains of the western and dominant arm of the southern prolongation of the Appalachians, the Smoky Mountains on the west, the Blue Ridge on the east.

The length of this plateau from northeast to southwest is about 200 miles; its breadth varies from 15 to 50 miles, and its area is nearly 6,000 square miles. While these mountains present altitudes varying from 600 to 6,688 feet, and are dotted here and there by health resorts presenting various altitudes, climatic advantages and mineral springs for the relief of many of the ills that flesh is heir to, I have limited my attention in most part to the grand center of them all—the largest and most celebrated health resort of the East, and, I may say, for certain diseases, one of the most thorough sanitariums known to-day, and this is the little city of Asheville, hidden away and confined, in a broad sense, by the Smoky Mountains on the west, the Blue Ridge on the east.

The Smoky Chain has a general elevation of from 5,000 to 6,000 feet, rising in many summits to 6,500 feet and upward, but is broken down by half a dozen deep water-gaps or canons to the level of 2,000 and even 1,200 feet. The Blue Ridge, which forms the eastern boundary of the plateau, is a very irregular mountain chain, with a general elevation of about 4,000 feet, some of its highest summits reaching 6,000 feet. These two lateral chains are connected by a north and south cross-chain of equal elevation with themselves, and separated by deep valleys. Asheville is located about the middle of this plateau north and south, but laterally on the eastern border close up to the base of the Blue Ridge.

CLIMATE.

The climate of this region is not that of the low lands of the Southern States, where the weather is warm and oppressive from April to November, for it must be remembered that Asheville is located in the mountains, at an altitude sufficiently high to overcome the long hot summers of the South. It resembles more closely the climate of the Middle States, but is at least 15° warmer in the winter, and 10° cooler in the summer. It is warmer than the Middle States in the winter, because of its southern latitude, and it is cooler in summer, because of its altitude. Our latitude gives us the benefit of the warm sun to overcome the intense coldness of the winter weather of the Middle States. The altitude gives to Asheville a cool atmosphere during the summer. I believe this to be the simplest and most exact description of our temperature. The temperature of the various seasons is as follows:

Mean temperature of	spring	..... 53.5	degrees.
" "	summer	..... 70.4	"
" "	autumn	..... 53.6	"
" "	winter	 39	"
" "	for the year	 54	"

A temperature as high as 88°, or as low as 10° above zero, is seldom recorded. The diurnal range of temperature is very small, when compared with the high altitudes of the western mountains, being about one-half as great as Colorado Springs. The diurnal range of temperature is a very important factor in the climate of a resort for pulmonary diseases. A low diurnal range of temperature is to be preferred. Asheville but rarely experiences sudden or severe changes in the temperature.

There is no climate east of the parks of Colorado that can compare with the climate of Asheville, and in some respects it excels those celebrated sanitariums, for instance in the greatly lessened range of diurnal temperature, which I have just mentioned, and in the absence of dust and sand storms. The climate of Asheville is so dry that, with the mercury at 32° the same degree of cold will not be experienced that would be felt in resorts farther south, with a temperature of 50°. The dryness of the climate of Asheville is one of the essential points to be considered in the selection of a sanitarium for the climato-therapy of throat and pulmonary diseases. It being a known fact that dry air antagonizes germ life, thereby preventing destructive inflammatory processes, this having been proven by the disappearance of the baccilli of tuberculosis from the expectoration of consumptives who have resided for a length of time in a dry climate, and it also being known that wounds, accidental or surgical, heal kindly in this climate, it would be but patent to expect all inflammatory conditions of the throat and lungs to improve or recover under these conditions, if brought in contact with this climate before the destructive process had gone too far.

RAIN.

We have sufficient rain, so well distributed throughout the year that we have but little dust; the air remains fresh and invigorating, and vegetation thrives luxuriantly from early spring till late in autumn.

Leaving the Northern States during the summer and early autumn, when all vegetation has suffered from drought, the grass burned, the leaves of the trees shriveling and falling to the ground, the earth baked hard by the burning sun, the flowers drooped and dying, the bird-songs hushed and all nature blighted, tourists are astounded, as they enter the Asheville plateau, with the intense green of the landscape, the leaves fresh and waxy, the grass rich and green, the birds singing amidst the trees, the flowers tossing their blooms to the arms of the breeze, the air fresh and invigorating, and the dust-begrimed traveler, as he gazes upon all this wealth of nature, rouses himself from the lethargy of the dying to the joy of the living.

The yearly rainfall is about forty inches, distributed throughout the year as follows:

Spring	Summer	Autumn	Winter	Year
10.1	12.5	7.1	9.5	40.2 inches.

By this it will be seen that we have no droughts, nor any wet spells, and it can readily be understood why vegetation thrives so luxuriantly till late autumn. It occasionally snows during the coldest weather of winter, but the fall is slight and remains unmelted but a few hours, or possibly days, and even with the snow upon the ground the atmosphere is dry and bracing.

HUMIDITY.

The mean relative humidity at Asheville for the year is 70 per cent, while for the winter it is lower, being between 60 and 63 per cent. Observation on the subject of humidity emphasizes the fact that Asheville has the dryest climate in the East. Colorado Springs is dryer and consequently would show a lower relative humidity.

WIND.

The prevailing winds are north, northwest and southeast. We seldom have what could be called high winds, although at times a stiff breeze will blow for several hours, but nothing compared with the winds of the higher altitudes. Our southeast wind would be the strongest, coming as it does from the Atlantic Coast, but Asheville is well sheltered by the Blue Ridge. The northwest winds come from the direction of the Ohio Valley, but are broken by the cross-chain on the north. Wind is an objection to any resort for lung diseases, and this is one advantage Asheville can claim over Western resorts. During the warm days of the summer the intensity of the sun's rays is modified by a gentle breeze which appears with the regularity and cooling effects of a sea breeze.

SUNSHINE.

Next to Colorado Springs, Asheville is no doubt the sunniest health resort of this country. The average number of sunny days for the last few years is 260 as against 275 at Colorado Springs; by this I mean that the sun was shining the entire day. There is seldom a day of the whole year but what there is sunshine the major portion of the day. Days upon which the sun does not make its appearance at all are very rare and are scattered throughout the year. February has more cloudy days than any other month. For the year from May, 1890, to May, 1891, the cloudy and rainy days were distributed as follows:

Summer of 1890	May 2	Winter of 1890–1891	Nov. 2
	June 1		Dec. 10
	July 3		Jan. 9
	Aug. 4		Feb. 15
	Sept. 5		Mar. 11
	Oct. 3		April 5

A total of seventy cloudy and rainy days for the year, leaving 295 clear and fair days—certainly a good record.

In the winter the sun is a great tonic and invigorator to the invalid, and the benefits of sun baths to the consumptive are incalculable. Rooms or galleries with a southern exposure are greatly to be preferred, for the temperature will reach 50° in the open air at midday, during the coldest weather of our winters, and in these southern exposures where there is a protection from the northern breezes, the temperature will reach 70° or over, and hundreds of invalids can be seen basking in the generous heat of the midday sun. During the summer the intensity of the sun's heat is overcome by the gentle breeze which springs up almost daily. In the shade it is always cool and delightful during the warmest days of summer. We never experience the heat that is felt in the heated cities of the North, and the nights are always cool, so that sleep is not banished from the couch of the worn and weary invalid.

ALTITUDE.

Asheville is elevated 2,300 feet above sea-level. In the eastern side of the city Beaumont, Town and

Sunset mountains rise 400 feet higher. Within a few miles of Asheville, altitudes can be chosen from 1,200 feet up to 6,000 feet, where elegant hotels are situated, making ideal summer resorts, and giving to the health-seeker a variety of altitudes and scenic effects, which should benefit and captivate the most capricious.

The barometer registers, in fair weather, 27.5 inches, as against thirty inches at the sea level. Diminution in atmospheric pressure accelerates the heart's action, and quickens respiration; it also increases the amount of watery evaporation from skin and lungs. I believe that there can be no question but what pulmonary diseases are far more benefited in a medium altitude than in either a high or a low altitude. I do not think that a person suffering with phthisis should be sent from a low altitude, as for instance our Eastern cities, directly to the high altitudes of the West; it is too great a strain on the weakened lung and the already rapid heart. If a permanent residence in these towered altitudes was contemplated, I would suggest the advisability of a temporary residence in a medium altitude, say from 2,000 to 3,000 feet. One objection to the higher altitudes is their effect upon the nervous system, the air being very bracing, but this bracing goes on until one becomes very nervous and irritable.

SOILS AND GARDENS.

The soils in and around Asheville are of every variety of texture and composition, and of every grade of fertility. They may be generally described as clayey, sandy, and gravely loams, but there is a considerable proportion of clay soils, not only in the alluvium of the numerous creek and river bottoms, which are commonly of this description, but on the uplands as well. These are the more productive and durable. It is remarkable how readily the ground becomes dry after a heavy rain, the soil being red clay chiefly, with a mixture of sand. The mud disappears as if by magic. It is the general impression that red clay is useful only in the manufacturing of bricks and tiling, but the red clay of these mountains, mixed as it is with sand and loam, makes one of the most fertile of soils. In the vicinity of Asheville are many choice garden spots, but there is a scarcity of good gardeners. The finest of fruits, vegetables and cereals are raised on the Asheville plateau, and this holds an important place in the make-up of a natural sanitarium, for the invalid, and especially the consumptive, should have the choicest of food, all three—meat, vegetable and fruit—prepared temptingly and in abundance. I will say that there was nothing more surprising, and at the same time more gratifying to me, than the excellence of the products of Asheville's gardens.

FOLIAGE.

The great variety of soils and the cool atmosphere of this region give rise to a growth of spruce and firs and other trees common to Canada and the States in the lake regions. Oak, chestnut, hemlock, white pine, poplar and balsam grow luxuriantly throughout this section, and rise and cover and protect the mountain sides to their very summits. These vast forests break the winds, protect agriculture, prevent dust and sand storms, cool the atmosphere in summer and lessen the cold in winter; make a home for the deer, shade the trout streams, add warmth and perfume to the air, and are resonant with the song of birds. They afford walks and shaded drives for the health-seeker, ever presenting new effects to the eye; ferns, golden-rod, scrub-oak and a multitude of wild flowers grow luxuriantly by the mountain paths, as if placed there to gladden the heart and lift the veil of woe.

DISEASES BENEFITED IN THIS CLIMATE.

Asheville has gained her world-wide reputation as the Mecca for consumptives. The mortality from pulmonary phthisis is not large in any part of North Carolina, being for the State 13.5° for every 10,000 inhabitants. In the mountain districts the mortality is much less, being 10.6 for every 10,000 of population, as against 16.2 for every 10,000 in the balance of the State, as a whole. Thus, in these mountain regions there is about one death to every 1,000 inhabitants due to phthisis, and on this Asheville plateau—the dryest section of these mountain districts—consumption among the natives is unknown. According to the evidence given by many physicians who have sent their patients here for climatic benefits, it will be seen that 75 or 80 per cent of cases of incipient phthisis make decided improvements, and many recoveries have been noted, especially in those who have remained here for a considerable time. Naturally, improvement takes place more rapidly and more frequently in the early stages of this disease, but many instances of decided improvement in graver cases have been observed. Several cases of this character that have come under my personal observation seem little less than miraculous, and there is no question but that many individuals in the more advanced stages of pulmonary destruction have prolonged their lives many months, and even years, by a residence in this city.

If physicians would but hesitate many times and consider the condition of their patients more thoroughly, I doubt not but many lives would be saved or, at least, greatly prolonged. If they would banish this idea of "malaria" in many cases and go further into the history and diagnosis, searching for the cause of this malaise, debility, emaciation and fever, give more time to the intelligent use of the stethoscope, the microscope, and the laryngoscope, and recognize the fact that phthisis always sets in with an initial fever which may be high at times, with a temperature ranging from 99° to 103° with the cough, the rheumatoid pains, the quickened heart-beat, the glistening eye, the rapid respiration, the sallow complexion in the morning and the flushed face in the evening, here is the warning and now is the time to consider climate and emphasize the necessity of accepting its promises. No condition should be called malaria until it is positively proven that it can not be called something else. In the later stages of the disease, when the patient becomes too feeble to leave his room or to take advantage of the outdoor air in some manner, they are better off at home where they are surrounded by sympathizing friends and comforts that they could not obtain elsewhere. Having no lakes, swamps nor stagnant streams in this region, malarial diseases are unknown, and persons coming here from malarial districts rapidly throw off all symptoms of this peculiar condition.

Sleep is encouraged by a brief residence here and insomnia is overcome.

Neurasthenic conditions are greatly benefited in this climate, especially the sequelae of la grippe.

Several cases of this character came under my notice this past year. Hallucinations, and that great fear of self, which are very common symptoms of this subtle disease, were present, and recovery took place in every case. Hay-fever is greatly benefited in this region, not so much at Asheville as upon Roan Mountain, about fifty miles distant, where the altitude is 6,300 feet and the scenery can not be surpassed. An elegant hotel is located there, making this mountain one of the most delightful summer resorts imaginable. Asthma, that inconsistent disease, may be much improved by a short residence in Asheville, or not: some cases improve greatly, others make no improvement whatever.

Organic diseases of the heart will contra-indicate a residence here, but will not absolutely prevent it.

HISTORY AND PROGRESS.

Asheville dates her history back to the first of this century and was named after General Ashe, an officer of the Revolutionary War. For years it remained a mountain hamlet, but later on the Southern people took advantage of the cool mountain air during the summer, and Asheville became known throughout the South as a summer resort. Soon the virtues of its climate were observed and its fame has gone forth throughout the Northern States, and to-day Asheville is a greater winter resort for the Northern people than it ever was a summer resort for the Southerner. The fame of these mountains has spread throughout the world, bringing tourists and health-seekers from all quarters of the globe. Asheville has grown from an obscure, mud-bedecked mountain village, with its taverns and stage coach, to a thriving city with brick and granite-paved streets, electric street-cars and electric illumination, beautiful residences, new and substantial business and city buildings, elegant hotels, with all modern conveniences, one of the finest liveries in the world, and a population of 10,000 people.

SCENERY.

The scenery about Asheville already has a world-wide celebrity. Books and poems have been written, songs have been sung and pictures painted descriptive of the scenery in this "Land of the Sky." Asheville, situated 250 feet above her two beautiful rivers, the Swananoa and the French Broad, commands a view of the surrounding country for many miles. The mountains, though they are lofty, are clothed with a mantle of foliage to their very summits, and here and there, winding in and out, the mountain roads are to be seen in all directions, revealing new beauties at each turn, and as the tourist or hopeful invalid stops in his ramble and looks back over this sea of undulating hills which form the plateau, he sees the little city of Asheville nestling dreamily at the foot of the mountain and basking in the soft sunlight, and away yonder, on the farther side of this picturesque plateau, the Smoky Mountains are to be seen with their majestic summits blending with the azure blue of the heavens, he stands in awe and exclaims: "How beautiful!"

We will grant to the Western mountains their grandeur, and their abrupt and rugged heights, but we will retain the peaceful, the beautiful and the sublime. No one should criticise Asheville until he has been upon the summit of Beaumont, Sunset, Gorche's Peak, or Gold View, for no brush can paint it, no pen portray it, no voice describe it; for you can not paint the air, you can not portray the bloom of flowers, nor can you voice the songs of birds.

I can imagine nothing more beautiful than an autumn sunset, when the foliage presents all the colors of the rainbow, and the sun, sinking over the dusky ramparts of the Smoky Mountains, kisses the tinted leaves upon the bosom of the Blue Ridge, unfolding the very soul of nature, and heaven and earth, uniting in one grand struggle for supremacy in the play of colors, quietly sink to slumber in the arms of night.

ARIZONA FOR CONSUMPTIVES.

By A. M. TUTTLE, M. D., Phoenix, Arizona.

Real merit is often hidden in the rubbish around it. The quality which makes heroes often remains unknown forever, for want of circumstance or opportunity to bring it to the surface. The noise and fine colors at the head of a procession receive the applause of the spectator.

Colorado, Southern California, Southwestern Texas, Western Kansas, New Mexico, Florida, and parts of Alabama, have long been in the front ranks with their claims for superior climate for the consumptive. All are recommended by the good results obtained. They are well known, as in most of them money has been spent to make the invalid comfortable, and to let him know there is such a place as that particular locality. With most of them I am personally acquainted, and fully appreciate their real worth.

There are two other points in our country which ought to be known better by the health-seeker with poor lungs. One of them is in South Dakota, on the divide between the James River and the Missouri River. Almost nothing is known of this place, although I have positive evidence that it should occupy a prominent place as a health resort for consumption, asthma, and kindred diseases. The other place is the Salt River Valley in Arizona. Consumptives get well in all parts of the Territory, but my special preference is the Salt River Valley, for several good reasons. The annual large influx of consumptives in the valley attests its virtues, and shows they are fast becoming known. Consumptives do get well here, with and without other aids than climate. Many hearty, robust persons can be found in the valley who came here expecting to die with consumption. This result can not be obtained in all cases. The surgeon may cut away a diseased arm or leg, and keep the bugs away from the wound while nature heals, but nothing can grow the arm out again. If too much lung tissue is destroyed before coming here we must not expect the patient to recover, even though the wounded or diseased surfaces are freed from most of the bacteria, and dry, pure, warm air and sunshine are applied.

On the other hand, let the consumptive come here reasonably early, as soon as he finds himself in the clutches of the dread disease, and before the home physician tries and fails to cure him; then let him be handled properly, and he may be quite certain of a cure. He should not curl himself up in the city in some lodging-house, as I have seen them do, and in answer to suggestions to put forth further efforts

to save his life, angrily answer that "he had come here for the climate to cure him, and he should now let it do it." It is surprising to see how many will come, and act and talk in that manner. Of course, these will not get well. Their lunch-counter meals alone will preclude the possibility of an improvement, to say nothing of their miserable frame of mind, and inactivity.

If one can do no better, let him remember this is a dry, warm climate, get a few blankets, a tent and a very few cooking utensils, and get out into the country and set up housekeeping by the side of some friendly irrigating canal near a cross-road. Even though he is financially able to have things more elegant and comfortable, it will still be best for him to get out and rustle for health in this manner. In coming here he must remember it is new yet, and comfortable quarters are not to be always had, either in city or country. Many find this to be true after their arrival, and go away greatly displeased. Such ones will find it hard to be cured anywhere.

The following are some of the factors of our valley, so conducive to the cure of consumption:

First, the dryness of our atmosphere. Some good doctors believe the moist, catarrhal form of consumption requires the moist air of the ocean side, while the "dry cases" need the dry air. Both varieties do well here. I can see no difference.

Our average annual rainfall is about 8 inches. Most of it comes in January and February and July and August. Showers rarely occur at other times. We count on 360 days of sunshine in the year, and five days of sunshine and clouds. The rains fall mostly at night. I have seen one fog in two years. During the rainy season our atmosphere has very little humidity just before and after the storms. The average monthly humidity varies but little. Some months it will reach 55 per cent, others, 29. The yearly average is about 45 per cent. By way of comparison, Los Angeles, Cal., and Philadelphia, Pa., have a maximum of 73 per cent, and a minimum of 52. The yearly average in those places is about 69 per cent. In other places the wet months are March and April which are here quite dry. One hundred per cent of humidity means an air saturated with moisture to the point of condensation and rain.

Our soil is likewise dry and porous, the trouble being too dusty for comfort. Malaria and summer diseases of children are almost unknown in the valley. No northers or chilling winds. When occasionally the small branches of trees sway and bend before a stiff breeze, we call it a windstorm. Quite rarely during the year it gets strong enough to carry large quantities of dust for a few minutes in the air, and then it is called a sand-storm.

The second factor is our elevated temperature—hot in summer and beautifully warm and balmy in the winter. A consumptive is always on the "shiver," and fully appreciates this factor. Many doctors say, "Oh, yes. Arizona is a good winter resort, but too hot for a summer resort." Do not be deceived. There are usually two or three weeks in June which are quite oppressive. Then comes the dry, hot weather, which is not disagreeable, and is just the time a consumptive will receive his greatest benefits in this climate. No one is sick, and doctors go visiting. During this period the temperature starts out in the morning at 80° to 90° above zero, and warms up to 110°, or little over, in the shade. But these figures convey no idea of one's feelings in that temperature in such a dry air as ours. It must be experienced to know it. It is not as uncomfortable as one will imagine, and consumptives do well in it.

In the winter months the mercury falls to freezing point only in the morning, and during the day runs up to 65° to 80° above zero. Only on one or two occasions during the winter will it drop to 20°, or so, for two or three nights.

A third factor is the purity of the air. This is partly owing to its extreme dryness, preventing the decay of animal and vegetable matter in the ordinary manner. Surrounded as we are by vast tracts of mountainous country our valley air is constantly replenished by the purest mountain air, richly ladened with ozone fresh from the pine trees of higher altitudes.

A fourth factor is our elevation of 1,150 feet. Not too high, nor yet too low.

A fifth factor is our peculiar water. Loaded with many of the inorganic salts, it is almost entirely free from organic matter. A partial analysis of city and river water shows it contains sulphate of soda, sulphate of lime, carbonate of lime and magnesia, chloride of sodium and silica. Whether it is owing to these salts I am not prepared to say, but I know the lungs are easy to inflame here, and patients do best to occasionally go to other places for two or three weeks at a time. To a Homeopath this fact will enhance the value of our locality in lung diseases.

Fifty miles north of Phoenix we have the Castle Creek Hot Springs. This water seems to have wonderful healing properties in most forms of chronic diseases. After this winter the railroad will run within twenty-five miles of the place. A similar spring, Agua Caliente, is found one hundred miles west of Phoenix, near the banks of the Gila River.

The city of Phoenix is the capital of the Territory and has a population of about 10,000 people from every section of our country. It has two electric-light plants, electric street-cars, water-works, sewer, a dozen churches or more, and excellent schools, with twenty teachers, besides the Catholic schools and private classes.

At present we have railroad communication only by a thirty-five-mile branch off from the Southern Pacific Railroad at Maricopa.

A large force of men and teams are now constructing a two-hundred-mile branch off from the Sante Fe Road at Ash Fork, northwest of Phoenix. They are within seventy miles of the city, with twenty miles of that graded. We expect the cars will be running here by next February or March. We expect then to take a sleeper in Chicago and land in Phoenix without change, which will remedy the present inconvenient mode of getting here.

We have many consumptives here, and more are constantly coming. We need sanitariums and other conveniences for their care and comfort. Were this article not already so long I would like to give my idea of how a cheap, extensive and excellent sanitarium should be built in this country. With proper handling, a consumptive will get well here if possible for him to do so anywhere on earth. I place considerable value upon Burt's Liquids, orificial surgery, well-selected remedies, the nosodes, etc., as aids to his recovery. I hope this number of the CENTURY will bring out the details of the latest, most efficient methods of treating tuberculosis.

EUREKA SPRINGS, ARKANSAS.

By C. F. ELLIS, M. D., Eureka Springs.

SOME REASONS WHY EUREKA SPRINGS IS ENTITLED TO CONSIDERATION AS AN ALL-THE-YEAR-ROUND HEALTH RESORT.

Firm as the eternal mountains upon which nestles this "City of Magic Waters" is the fact that since the discovery of these famous springs, some fifteen years ago, hundreds of cures, seeming little less than miracles, have been wrought here with the water and climate. Though handicapped with the prevalent misconception of "worthlessness" that attaches to Arkansas or its products, Eureka Springs is, by the force of its many merits, quietly spreading its fame over the continent. Its praises are not being sung by parties having corner lots for sale, nor is it being boomed by speculators anxious to unload their stock; but a steadily growing tide of visitors is each year tending this way; these returning to their homes, tell their friends of their restoration. In this quiet, unobtrusive way, Eureka Springs has achieved a legitimate and imperishable fame.

This resort is situated in the northwest corner of the State of Arkansas, on the crest of the Ozark Mountains, at an altitude of 2,000 feet above the sea. Surrounded on all sides for many miles by virgin pine forests, the air is impregnated with the balsamic properties of such a region. Within the corporate limits of the city more than forty springs send forth their sparkling waters to refresh and cure mankind. The springs gush forth from high up the mountain sides, and not from the valleys. The waters of a number of these springs have been analyzed by analytical chemists of the highest reputation. We give the analysis of the Basin Spring, which was both quantitative and qualitative. This analysis was made by Profs. Potter and Riggs, of Washington University, St. Louis, Mo., and by Messrs. Wright and Merrell, St. Louis, Mo. These gentlemen are chemists of eminence and ability. Each gallon of 231 cubic inches contains the following, viz.:

Chloride sodium	0.19 grains
Sulphate soda	0.09 grains
Bi-carbonate soda	0.15 grains
Sulphate potash	0.13 grains
Bi-carbonate lime	4.43 grains
Bi-carbonate magnesia	0.47 grains
Iron and alumina	0.08 grains
Silica	0.31 grains
Total	5.85 grains
Free ammonia	0.14 Parts in million.
Albuminoid ammonia	0.07

The gaseous contents, as ascertained by Prof. Juan H. Wright, of the firm of Wright & Merrell, is 28.52 cubic inches in each gallon of water.

From the above it will be quickly noted how small is the amount of solids per gallon, and this possibly is the key to explain the *modus operandi* of the many cures made with these waters. It is the consensus of medical opinion, in these later years, that a very large per cent of the diseases with which we are afflicted are caused by the retention of waste matters, which, in health, are thrown out as excretion.

When we stop to think of the human system, and the miles upon miles of lymph channels, and the countless number of lymphatic glands, not to mention the perspiratory glands and canals, all of which are important to the proper and orderly conduct of the machinery of life, and that their free and unembarrassed function is absolutely essential to carry away the products of decomposition, as well as to furnish the materials for the renewal of life, it is doing no violence to logic nor to the science of physiology and pathology, to assert that these living sewers, these vital emunctories, by becoming overloaded and clogged, produce disease.

In a paper before the World's Congress of Medico-Climatology at Chicago, May, 1893, Dr. Charles E. Davis stated the following trite facts:

"First. 'Pure water' is the greatest solvent in nature.

"Second. Pure water, in sufficient quantity, is the hardest thing to find in nature.

"Third. Water is the largest single factor in healthy digestion, assimilation and excretion.

"Fourth. Most diseases arise from, and depend upon, defective solution, distribution, and elimination of matter soluble in pure water, from which it follows that most diseases not characterized by secondary pathological conditions should be cured by the proper exhibition of pure water.

"Fifth. 'Mineral water' is water 'spoiled,' except for an exceedingly small number of special uses."

The purity of these waters, their wonderful solvent properties, the large quantities in which they can be drunk, and the rapidity with which they are eliminated, lead many careful observers to believe they perform a large part of their work by filtering through all the tissues of the body, literally washing out all impurities. Be that as it may, the indisputable fact of hundreds of cures each year of seemingly almost hopeless cases attests the merits of the water and climate. Few resorts that have attained merited celebrity possess as many of the natural elements necessary to the ideal health resort as Eureka Springs. Conditions of soil and typography could not be better for natural drainage. Ample supply of water, absolutely free from all dangers of contamination, and free from excess of mineral properties, the medium altitude of 2,000 feet, the pure exhilarating atmosphere laden with balsamic aroma, the mild and equable climate, the many days of sunshine, the perfect immunity from malaria, and its magnificent and fascinating scenery, combine to make it the most popular all-the-year-round health resort in America.

In addition to the natural advantages of altitude, climate and soil, the skill of man has been brought to aid nature in bringing to the very highest point of excellence the sanitary conditions of this unique and romantic spot. Each spring in the city limits is effectually protected from contamination by extensive reservations, and the most prominent springs are handsomely improved. Both water-works and sewerage are being put in by the city—both to be completed by the 1st of January, 1895. The cost of the two improvements—$150,000—is borne by a population of less than 5,000 people, and being carried on during the hard times when other cities have suspended their public works, furnishes the best evidence of the prosperity of Eureka Springs and the thrift and enterprise of her citizens. The water reservoir is at the southern limits of the city and is fed by a number of springs, whose water will be pumped into an iron stand-pipe on the top of the mountain, and from this distributed over the city.

No purer, better water will be found in the world than that passing through the water-pipes of Eureka Springs, Ark. Many people, and physicians as well, think Eureka Springs is one of the noted springs of Hot Springs, Ark. This confusion has worked us great damage, and that all the readers of the Medical Century may know they are separate and distinct resorts, it will be wise to give the characteristic differences, so all can properly select the resort he may wish to prescribe.

Eureka Springs and Hot Springs are both in the Ozark Mountains, and both have springs of wonderful properties, but here the similarity ends. The following differentiation by the editor of "Climates and Resorts," Dr. A. F. McKay, so graphically tells the story that I use his words:

"The waters of the one, as the name indicates, are hot, while those of Eureka Springs are cold. Hot Springs is in Central Western Arkansas, while Eureka Springs is in the extreme Northwestern corner of the State, 180 miles distant, 'as the crow flies.' Hot Springs is among the foot-hills of the Ozark Mountains, with an altitude of 610 feet, while Eureka Springs is on the crest of the same range, with an altitude of 2,000 feet. Hot Springs has an annual precipitation of 72.26 inches (average for three years), while that of Eureka Springs is 32.79 inches. The mean annual temperature of Hot Springs is 61.36°; of Eureka Springs, 58.93°. The summer mean at Hot Springs, 81.57°; of Eureka Springs, 74.79°. The average number of clear days at Hot Springs 162; at Eureka Springs, 209. Thus the meteorological records show that a marked difference exists between the two places in those characteristics which go to make up climate."

My residence here of nearly six years enables me to speak with confidence of the beneficial effects to be derived at this resort in the following affections: Bronchial and pulmonary troubles of a catarrhal nature; also those of a tubercular nature, in their incipiency, show marked improvement. This may be doubted by some, who point to our annual precipitation of 32.79 inches; but when one remembers the geological conformation that so rapidly carries away the surplus moisture, it explains why the humidity of our atmosphere stands at 59.4, while the humidity of other resorts, known favorably as resorts for consumptives, stands as follows: Jacksonville, Fla., 77; Los Angeles, Cal., 66; Asheville, N. C., 70.10; Thomasville, Ga., 64. Thus it will be seen that our natural conditions are favorable to such affections. Convalescents from pneumonia do exceptionally well here. The overworked business men and brain-workers generally are friends of the place after the first visit. For that large class of troubles embraced under the convenient term dyspepsia, the waters are especially valuable and certain. For those well-fed, fleshy persons, whose occupation is indoors, sedentary and mental, whose digestion is poor, urine too acid and scanty, throws down a pinkish sediment, and sometimes show traces of albumen, a few weeks' stay at Eureka Springs, drinking the waters and climbing the mountains, will indeed work wonders. Such cases are, of course, lithaemic, and, if suffered to continue, very often lead to chronic diffuse nephritis. Cases of oxaluria show improvement from the first. Many cases of so-called Bright's disease have undoubtedly been cured by the use of these waters; several cases presenting albumen, casts, and dropsy, I have seen recover their usual health, and return to their homes to all appearances well. Liver troubles, chronic hepatitis, chronic congestion of liver, torpid livers, enlarged livers and spleens, due to malarial poisoning, all do exceedingly well here. Whisky drinkers, with their bad stomachs, kidneys, and livers, are firm friends to the waters of Eureka Springs. Victims of hay fever find immunity here, few feeling the effects of their old enemy. Hundreds of cases of eczema have been cured by these waters. The writer personally knows of several individuals who obtain relief only while using these waters, the terrible itching and eruption returning as soon as they leave the springs. A number of cases of cancer have been cured here, to my personal knowledge, several of them having a family history of cancer for several generations. Chronic cystitis, from whatever cause, has been so frequently cured and benefited by these waters that we have a large yearly pilgrimage of such cases. The irritable bladder of the aged is so much relieved that many gentlemen who are up in years make regular trips to this resort. For convalescents from typhoid, malarial or any kind of fevers, no more favorable spot exists, or could be desired. Its life-giving sunshine, its balmy air, its crystal waters with health gleaming in every drop, its magnificent scenery, its many natural wonders, all conspire to woo back to the fever-racked frame the cherished health. To the pedestrian or equestrian nothing can excel the delight of following the mountain trails along gurgling brooks, up enchanting valleys, over the mountain ridges, viewing the never-ending beauties of this charming region, and drinking in the delicious air of this matchless climate.

During my residence here no epidemic diseases have prevailed with the exception of a few cases of la grippe and a few cases of measles. At no time in our history have the public schools ever been closed by any form of epidemic disease. As an illustration of healthfulness of this resort, the report of the Superintendent of City Schools shows that, since 1889, with an average enrollment of 700 children each year, only four deaths have occurred among the resident children. Where in the world can this record be improved?

Many attractions, such as commodious bath-houses, skilled attendants, elegant hotels and home-like boarding-houses, might be dilated upon to the extent of several columns; but I take it the busy physician will find in the above facts sufficient data to guide him in the selection of this resort for such cases as our natural conditions are helpful.

HOT SPRINGS, ARKANSAS.

By CHARLES DAKE, M. D., Hot Springs, Ark.
Member American Institute of Homeopathy.

Hot Springs, Ark., is a resort for invalids and others seeking rest or pleasure, in a climate removed from the severities of the North and yet not sufficiently far South to make the danger of malaria felt, as it is in places more tropically located.

It is a resort to which the people of the entire country may come, with safety, at any season of the year.

As to those from the North, who have rheumatism or neuralgia or diseases that are aggravated by sudden changes to cold, it is, as a rule, deemed best for them to come in the fall, so that they will

find warm, pleasant weather at home upon their return there.

During the summer it is hot, as compared with the resorts in the lake and mountain regions of the North, West or East. But it is rare that there is not a cool breeze to be felt during the entire day, and a blanket is often needed at night.

The fall weather is simply perfect—warm enough through the day to be comfortable, but cool enough to admit of outdoor exercise, without fatigue or the slightest discomfort.

This continues, usually, until January, when there is, as a rule, a cold snap, which serves to kill rank and tender vegetation and purify the air.

During the months of February and March we have rain and, at times, snow.

April and May are two of the loveliest months, as the foliage is then in its most beautiful shades of green and the woods are full of the varied and beautiful wild flowers peculiar to this climate.

There is, at all times, a wholesome taste and an invigorating and vitalizing principle in the air of the Ozarks.

As an evidence of the valuable climatic influences, as well as the uses of the thermal waters, I may mention that the United States Government has located a large hospital here for the army and navy, where those considered as incurables are quartered; and they are, as a rule, greatly benefited, if not cured.

The warm baths can be safely taken, at any season of the year, so far as the weather is concerned, provided the bather is under competent medical direction. Another fact in regard to quality of atmosphere, not generally understood, I must mention, that the timber on the mountains, roundabout the Springs, is largely pine, imparting a balsamic and healing property to the air.

Dr. William H. Barry, president of the Health Department at Hot Springs, in his report states that: "Out of 480 cities and towns, furnishing reports, in the United States, only four have as low a death-rate as Hot Springs."

THE CLIMATE OF EL PASO.

By G. H. HIGGINS, M. D., El Paso, Texas.
MEMBER AMERICAN INSTITUTE OF HOMEOPATHY.

El Paso, Texas, has a well-earned reputation as a winter residence for invalids, especially for cases of pulmonary diseases, bronchitis, asthma, etc.

This reputation exists chiefly among those who have benefited personally by a residence in the place, rather than among those who gather information from published data.

People seem to come to El Paso more by accident than design; sent by physicians from Colorado and Northern New Mexico, because there the altitude is too great or the season too cold; from California, because of the general humidity, fog and dampness; from the coasts of the South Atlantic States and the Gulf, on account of the humidity and prevalent malaria.

When here, in spite of a dry, warm, sunny climate, and weeks, and sometimes months, of unchanged, pleasant weather, the new-comers seem to be afflicted with a dread of something untoward, something they have heard or read about; extreme range of temperature, violent, irritating winds and uncongenial surroundings; this dread is only dispelled when residence here has proved their fears unfounded.

Believing that this is a reflection of an opinion generally held in the North and East, I have obtained from the Observer at the United States Signal Station at El Paso, the table given below, covering the seasonal observations for the past three years, printed without note or comment, or any manipulation whatever, in order that the medical adviser who is seeking a winter residence for his patient may have just the plain facts on which to exercise his judgment, rather than the rose-colored, yet honest, opinion of an interested advocate:

El Paso, Texas.	Maximum temperature, degrees.	Minimum temperature, degrees.	Mean temperature, degrees.	Mean daily range of temperature, degrees.	Precipitation (rain or melted snow) inches.	Snowfall (unmelted) inches.	Maximum velocity of wind (miles per hour).	Average hourly velocity of wind (miles per hour).	No. of clear days.	No. of partly cloudy days.	No. of cloudy days.	No. of days with .01 inches or more of precipitation.
Sept. 1890..	95	56	74	24	1.81	0.0	46	4	7	10	13	9
Oct. 1890..	87	35	63	29	.41	0.0	43	4	17	7	7	5
Nov. 1890..	87	26	51	22	.35	0.0	54	8	16	6	8	6
Dec. 1890..	68	28	49	21	.28	0.0	48	7	11	9	11	3
Jan. 1891..	63	16	40	24	.27	6.0	48	9	18	7	6	2
Feb. 1891..	76	15	50	27	.09	trace	42	9	13	8	7	2
Mar. 1891..	78	21	54	25	.16	2.0	42	10	14	6	11	4
Apr. 1891..	88	35	63	28	0.00	0.0	40	9	24	6	0	0
May, 1891..	91	44	70	25	.38	0.0	46	9	14	14	3	6
Sept. 1891..	98	55	77	24	.23	0.0	37	7	16	13	1	7
Oct. 1891..	86	40	64	29	trace	0.0	39	6	26	5	0	0
Nov. 1891	81	27	55	27	trace	0.0	36	8	24	5	1	0
Dec. 1891	72	8	42	25	.50	trace	40	9	22	7	2	4
Jan. 1892	70	13	43	24	1.25	trace	28	6	19	8	4	4
Feb. 1892	72	27	50	22	.57	0.0	43	8	16	10	3	5
Mar. 1892.	79	26	55	24	.30	0.0	68	11	21	9	1	2
Apr. 1892	90	34	64	27	.11	0.0	50	13	24	4	2	2
May, 1892	95	48	71	26	trace	0.0	48	12	27	3	1	0
Sept. 1892	94	53	75	28	.12	0.0	39	5	22	5	3	1
Oct. 1892	87	37	63	25	.22	0.0	38	7	22	8	1	4
Nov. 1892	74	33	52	24	.93	0.0	50	8	20	6	4	5
Dec. 1892	74	20	44	21	.61	2.0	42	9	18	11	2	5
Jan. 1893	73	18	46	28	.02	0.0	34	8	20	9	2	1
Feb. 1893 ..	74	25	50	23	.52	3.6	56	12	11	9	8	4
Mar. 1893..	86	28	55	26	.31	trace	48	13	19	10	2	2
Apr. 1893..	91	39	66	27	0.00	0.0	50	14	23	4	3	0
May, 1893..	93	43	71	27	2.28	0.0	48	11	23	6	2	3

The above data, furnished Dr. G. H. Higgins, El Paso, Texas, are as near those required as our records admit.

N. D. Lane.
Observer U. S. Weather Bureau.

The altitude of El Paso is 3,700 feet above sea level, high enough for a pure, clear and tonic air, but not sufficiently high, to embarrass, in the least, the heart or breathing of any pulmonary invalid.

The dew point is 11° below the mean of minimum temperature and 27° below the mean annual temperature.

The average wind velocity, October to April, will range between 6 and 8.5 miles per hour, the wind movement, from the late spring, through the summer to early fall, say September 30th, like the higher summer temperature, does not enter into the consideration of a climate for winter residence.

The soil is sandy and very porous and the town itself has a satisfactory system of sewerage.

The death-rate from all causes, among the settled inhabitants, is less than 10 per 1,000 per annum, and compared with other American cities of 10,000 inhabitants and over, has an obvious contrast in its favor.

Hence, El Paso presents to the invalid, seeking a winter residence, the following desirable attributes:

A moderate elevation, insuring a pure, clear, tonic air, of almost absolute dryness.

A mountainous configuration of locality, with a porous soil, insuring good drainage and rapid absorption of moisture. Warm, dry air, almost constant sunshine, with moderate wind, insuring outdoor exercise and enjoyment of the open air.

Uniform variability of temperature, warm days, with cool or cold nights, inimical to germ life, im-

parting stimulus to the system, in comparison with the lassitude which is the usual accompaniment of equability.

A remarkably healthful community, where phthisis, as a local development, is unknown. An essentially American community, with due regard for religion, education and public order, evidenced by its numerous churches, public schools and public buildings; easy of access and egress, by reason of five through lines of railroad, North, East, South and West.

Only a word to the physicians. There is a stage of pulmonary disease in which change of residence must not be considered for your clients. You have done all you could, do not spoil your work by evasion, assume the natural responsibility of your profession, these patients do not need change, that is coming fast enough, spare them the horror of dying strangers in a strange land, while vainly seeking health—what they need is home, friends, loved ones, comforts and euthanasia.

But when your trustful patients tell you of failing strength and energy, of loss in weight and flesh, when the hacking cough, hectic flush and night sweat warn you of a vitiated physical endowment, be the good physician, send them to more favorable regions, where the divine law of similia may be invoked amid the divine gifts of pure air and sunshine, while they yet have physical vigor to assimilate health from healthful surroundings.

THE CLIMATOLOGY OF FLORIDA.

By H. R. STOUT, M. D., Jacksonville, Fla.
EX-PRESIDENT SOUTHERN HOMEOPATHIC MEDICAL ASSOCIATION, PRESIDENT BOARD OF HOMEOPATHIC MEDICAL EXAMINERS.

To one desiring to make a change of climate for the restoration of health, or for rest and recreation, Florida offers many advantages. From the time that Ponce de Leon sailed from Porto Rico and landed on the coast of Florida, near St. Augustine, in a vain search for the fountain of youth, until the present day, Florida has been the goal to which many have hastened, hoping that in its balmy climate disease might be induced to loosen its grasp and health be restored, even if youthful vigor did not return. Situated as Florida is, a peninsula, with the Atlantic on the east and the Gulf of Mexico on the south and west, it possesses a climate peculiarly its own. The healthful fragrance from the pine forests mingles with the salt air and the ozone from the ocean. It is this combination which forms the health-giving climate of the State.

In thus characterizing the climate of Florida, I am aware that I shall provoke a smile of incredulity from many. It has been so much the custom to speak of Florida as a land of swamps and malaria, that I should expect to have the statement that Florida stands among the highest of the States in point of healthfulness received with grave doubts as to my veracity. The United States census for 1890 gives the rate of mortality for the State as 10.6 per 1000. For the year 1893 it was about 7 per 1000. This certainly would indicate that Florida malaria must be of a very harmless variety.

In reckoning the mortality for the State, there are of course included several hundred of the transient invalid class, who come to the State in an advanced stage of disease and fail to find the longed-for health. The entire State is a vast sanitarium, and where one invalid dies many are restored to health and life. The manner in which the mortality of this class has been used as an argument against the healthfulness of the State is illustrated by an incident in my own experience. When I came to the State, in the winter of 1875, I had a policy of insurance in the Equitable Life. For several years they obliged me to pay an extra rate for the hazard of living in Florida. I finally protested against this unjust discrimination. In a correspondence with the actuary of the company he gave as the reason for charging extra premium to their policyholders that the actual loss in Florida, and in Jacksonville, was greater than their expected loss, and furnished me with a comparison of Florida and Jacksonville with other sections of the country. Feeling sure, from my experience and observation, that there was an error I compiled a table of the deaths in the city for five years, with the diseases of which they died, and the time of residence. This showed that a large percentage were of the transient class, and as many of these had insurance, the proofs of death showed that they died in Florida, and thus it appeared in the books of the company. The actuary admitted the possibility of error, and said that, to test the matter, they would establish an agency here. This they did, and were soon followed by the best companies of the country, all of whom appear to be as anxious to insure the lives of Floridians as New Yorkers or Illinoisans.

The proprietors of the winter-resort hotels in Jacksonville give strong testimony as to the healthfulness of the climate. In a paper read before the Congress of Medico-Climatology in Chicago, June, 1893, I gave their experience. One states, that in his twenty-three years' experience, having from 150 to 160 in his employ each winter, two-thirds of them coming from the North and, therefore unacclimated, he had had but two deaths, and not more than three sick in any one season. Another states that in eleven years' experience, employing about 100 people, there has not been a serious case of sickness nor a death. Another states that in nearly twenty years' experience, both in Jacksonville and Palatka, sickness among his employes was almost unknown.

As to the diseases benefited by the climate, first of all are those of the respiratory organs—nasal catarrh, bronchitis, and consumption, especially if complicated with bronchitis; diseases of the mucous membranes of the stomach and intestines; diseases of the kidneys; diseases of the heart, to which the low altitude and warm temperature are especially favorable. The worn-out man of business, or the society woman, exhausted by the demands of fashionable, modern life, find an atmosphere soothing to their tired brains and nerves. The bright sunshine and warm air constantly tempt to an out-of-door life. If our invalid is a disciple of Izaak Walton, or a follower of Nimrod, he will find the best of fishing in our lakes, rivers, or on the coast, while the woods and fields teem with quail, snipe, turkey, deer and bear.

Other diseases that might be mentioned as benefited by the climate are, diabetes, asthma, rheumatism, neuralgia, chronic gout, disorders of the stomach and liver, neurasthenia; in fact, there is hardly any diseased condition that can not be benefited by a change to a balmy winter climate, where the mean temperature, for the winter months, is 63°, and where there are nearly 300 sunshiny days in the year.

HIGH ALTITUDE AS A FACTOR IN THE CURE OF DISEASE.

By EUGENE F. STORKE, M. D., Denver, Colorado.
SECOND VICE PRESIDENT AMERICAN INSTITUTE OF HOMEOPATHY.

The direct effects of a high altitude upon man are, by the masses of the profession, but little understood. That it has a great effect upon the individual can readily be seen by the physiological effects upon mountain travelers. When properly understood, its curative power will be fairly appreciated and its place among active adjuncts to medicine will be clearly defined.

When a traveler leaves the sea level and ascends six thousand feet, the pressure to the square inch will become lessened about three pounds. The superficial area of a person of average size will be relieved of the enormous weight of three and one half tons.

The rarified air at this height contains about one-fifth less oxygen than the atmosphere which is bathed by the surface of the sea.

When we analyze the various conditions of altitude what do we find they are capable of doing in health and disease?

First, the removal of seven thousand pounds pressure from the superficial area of a man makes a very appreciable effect upon his capillary circulation. This is very easily demonstrated in the case of those who make a mountain ascent; it is seen in the readiness with which the external capillaries become filled; the corresponding recession of blood from the center to the periphery, the relief from hyperæmias and congestive tendencies of the pelvic, abdominal, pulmonary, and cerebral cavities. The diminished resistance in the capillaries, often accompanied by an increased action of the heart, lessens the arterial pressure.

Second, the rarified air compels the lungs to take on an augmented action as is witnessed in the greater frequency and increased depth of inspiration.

When I removed to Denver, Colorado, a few years ago, I experienced a decided increase in my respiration. It rose from eighteen per minute to thirty, and even more at times.

Third, the foregoing effects in a physiological way are supplemented by a corresponding increase in the pulsations of the heart. My own pulse became quickened, and instead of numbering seventy, as was its wont, it maintained an average of about eighty-five, until a physiological equilibrium was established, since when it has scored an average, while at rest, of eighty.

When to these conditions are added those which come from the dry air, increased sunshine, and augmented electrical activity, one will begin to appreciate the intrinsic value of a high altitude as a factor in the cure of disease.

Growing out of the previously mentioned conditions is one which carries great weight in the art of curing disease. I allude to the increased air hunger in a high altitude which is so imperative that it leads man to seek a more perfect ventilation as well as a more extended outdoor life. The individual so situated subjects himself more uniformly to the rays of the sun which, owing to the rapid evaporation taking place from the cutaneous surface, never over-heats nor annoys even the most sensitive patient.

Another very agreeable feature of a high altitude is a peculiar mental buoyancy and feeling of personal liberty; a spirit similar to that which has permeated the history of Switzerland and other mountainous countries.

After a short residence on the lofty table lands and mountain heights it becomes apparent to the beholder that there is a peculiar effect exerted by it upon the people. The thoughts of individuals are intensified in their usual course; if of a religious tendency, then that thought becomes more or less predominant; if of a speculative habit, that characteristic rules them; or if sensuous and obscene, then the grosser passions sway their lives. It is unqualifiedly true that in no city of its size in the world is there to be found more reverential church-going and christian philanthropy, more unremitting speculative efforts, more debauchery and licentiousness, than can be seen in the city of Denver.

In a pathological sense there is a shadowy line which marks the boundary between possible recovery and possible decline in every case. If a patient who has passed this line and is moving along the downward side chances to place himself in the exhilarating influence of the high altitude his declining course will be intensified; but if on the other side of the line, even though he has been losing visible ground, he should seek the mountains the curative principle will predominate.

How is it that the radical effects of a high altitude are curative in disease? It may be said that the lung that hesitates in its work is lost. It is an indisputable fact that, in progressive degeneration of pulmonary tissue, the lungs which hesitate or rest are absolutely lost. In the respiratory system it is true, physiologically, that activity is life and inactivity is death. Improved respiration and circulation make new demands for increased digestion, and contribute toward this increased labor which sustains a quicker and more perfect life.

Those patients who have only a sufficient breathing capacity for the denser air at tide water will rapidly and surely succumb to the demands of a high altitude. A patient who can get just enough air in his chest to sustain life while residing in Denver will certainly die in Leadville, or in similar attitude.

I hold it to be axiomatic that medical treatment, *per se*, will never contribute much toward the cure of a consumptive patient. Climate is the potent remedy which should early supplement the usual treatment. Altitude is the treatment par excellence. The climatic treatment is the one from which we are to look confidently for aid.

At what particular stage in a given case the combined effects of high altitude and climatic change ceases to promise any definite aid, I am unable to determine. Many business men and active women are today enjoying comparative health in Colorado who were years ago, while residing in the east, under the sword of Damocles—a developing pulmonary disease—and were enveloped in the dismal damps of approaching death.

It is safe to say that the sooner such patients are placed in suitable conditions for getting well the better are their chances for a complete and rapid cure. I have seen all stages, from the faintest possible inception of the disease to the extensive degree of pulmonary softening, either cured or greatly benefited by altitude.

I am often asked regarding the necessity of remaining in the curative altitude. The answer is, "Remain within the influences which tend toward repair, rather than toward disease," otherwise the course of invasion would only too soon again begin its fell work.

Dr. D. A. Lines, New Orleans, paid the Century a pleasant call recently.

Medical Century

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C. E. FISHER, M. D., - Editor,

ASSOCIATE EDITOR:

W. A. DEWEY, M. D., New York.

Chicago, November 15, 1894.

BUT DO THEY?

The *Journal of the American Medical Association* for November 3 contains a remarkable statement. In a note to the editor, Dr. Q. C. Smith, of Austin, Texas, asks the *Journal* to define the status of Eclectics and Homeopaths "who demean themselves as honorable, well-educated physicians and refined persons," boldly asserting that the present proscriptive course of the old school is not in keeping with the golden rule, and suggesting that it is high time to meet the issue squarely in order to "continue to command the respect and esteem of intelligent people at large." To this inquiry the editor of the official organ of the American Medical Association answers as follows, closing with the Association rules defining the meaning of their very obtuse and out-of-date ethical dogmas:

"Answer—As to meeting or affiliating with any physicians, only those are kept out who announce themselves as adhering to some dogma. *We use any means for the cure of our patients that clinical experience or common sense leads us to believe would prove of value, whether it be Homeopathic, Eclectic, or what not.*" (Italics ours.)

The italicized statement is, to us, a remarkable admission. In it the official organ of the American Medical Association boldly asserts that its members use Homeopathic and Eclectic remedies as clinical experience and common sense prove their value. Is this true? What are Homeopathic remedies? Remedies applicable to diseased conditions according to the theory that likes cure likes, only this and nothing more. Remedies are not necessarily Homeopathic because used by doctors calling themselves Homeopaths, nor are remedies necessarily Homeopathic because given in small, even infinitesimal doses. Remedies are Homeopathic remedies only when adapted to the treament of disease by and along the line of Similia Similibus Curantur, and whoever uses them is a Homeopath just in proportion to his practice in this direction.

Many a man styling himself a Homeopath is but ninety per cent, seventy-five per cent, fifty per cent, or even twenty-five per cent truly entitled to this honorable title; and, in passing, it may be said that many self-styled pure Homeopaths are but little, if any, better off than the rest of us in this particular, since not a few of these often operate on lines as far removed from the straight and narrow way of Similia as those followed by their cruder brother. And, truly, the old-school physician who uses Homeopathic remedies as his judgment dictates is just that much of a follower of Hahnemann and his school, therefore that much of a Homeopath.

If this conclusion be logical what becomes of the opposition of the editor of the *Journal* and his medical sect to the full and absolute recognition of the acknowledged Homeopath?

It but rests upon the slender thread of our open proclamation of our faith. If his statement be true he is in greater part a "physician," as he chooses to put it, and in lesser part a Homeopath, as against our being in greater part Homeopaths and in lesser part "physicians"; and our sin lies in our honest confession of our faith only.

Which is the more honest, to candidly acknowledge large confidence in the law of similars and proclaim oneself a practitioner according to that law, even though falling short of full effort in this direction, or to denounce Homeopathy as a dogma and avowed Homeopaths as dogmatists, the while resorting to their remedies as "clinical experience or common sense" justifies? Will the *Journal of the American Medical Association* kindly give answer?

And then, that "clinical experience!" Whose clinical experience? That of a profession which has had but an insignificant amount, if any, with Homeopathic remedies, or that of a profession and people, whose word would be good on any other public or professional question, that abounds in it?

There are car-loads of most excellent clinical experience of a high order, the experience of men and women whose common sense is also of acknowledged high order, in the thousands of volumes of Homeopath literature adorning our libraries, in our colleges, hospitals, dispensaries and medical societies, at the command of "our friends, the enemy." But very like the story of Æsop they not only decline to eat of the hay themselves but would keep the hungry ox in the profession from refreshing himself thereon if they could.

If the *Journal's* editor is right his profession stands convicted of duplicity, a certain per cent of dogmaism and an exceeding degree of narrow-mindedness in ignoring and belittling a profession whose sin lies in just a little more of this same dogma-ism and in an honest acknowledgment of its faith.

THE WOMEN ARE WITH US.

Daniel thought he was a brave man when he walked into the lion's den, but we doubt if there were as menacing causes for fear in his case as in the case of the man who undertakes to define what women want, who outlines an ideal system on

whatever lines and says flatly that he knows that is the right thing, and because it is the right thing he knows the women want it. In the first place he is liable to err in his judgments of right and wrong, and, in the next place, not being a woman exactly, it's hard for a man to want from a woman's standpoint. When the editor of this journal undertook this herculean task he did so with some trepidation. He was afraid that he was going to flunk. It is, therefore, with a sweet and holy satisfaction that he finds that he read aright the signs of the times, as instanced by the letters subjoined below, which are representative of the many received on this subject. Their publication, be it said, is a breach of confidence. They were none of them written for publication and they were all especially tagged private. But we need the written evidence of this species of support and we plead for forgiveness for education's sake, while we go on sinning against our friends.

Dr. Ellen A. K. Hutchinson writes us from Newburyport, Mass.:

Dear Doctor: Although tardy, let me thank you for the very good editorial, "If Not Caesar, Nothing," in the issue of the 15th. Right-minded women of the profession are very weary of expressions of chivalry from their brothers and are sensible of the degradation of flattery. They ask only for justice, and will welcome the day when they will receive praise or blame according to merit. It is a small number of both men and women, a minority growing beautifully less every year, that expects rights or privileges of sex in a profession where sex must be ignored. This is not for publication, but just to encourage you to write such sensible thoughts again.

While from "In Mizzoura" we hear as follows:

Dear Doctor: Your Medical Century for September 15th has just arrived and I have read your editorial on page 442. How kind and just of you to write it! I am glad you are our president for next year, and I am glad we have such a friend. Away down here in Old Missouri I know by actual experience how much women need friendly words and appreciation to help them on, and I think it good and noble of you to give it to them. I do not think women need to be less womanly or gentle because they are physicians; it should make them more so. Constant contact with the world may make them more self-possessed but not unwomanly. I do not know who wrote the paper, but I am glad she wrote it and that you were broad enough to give her the praise she deserved. Your journal is just what I need, and I read all of it and wait impatiently for the next. Dr. K. L. Hickox, St. Joseph.

And from far across the Western prairies comes this:

Dear Dr. Fisher: Herewith my subscription to the Medical Century. I promised myself the pleasure of handing you this in person while I was in Chicago recently at Dr. Pratt's clinic, but I could not get to the office while you were there. Your journal is of great value to me out here in the middle of the prairie. I wish to thank you heartily for the manly stand you take for women in the profession. Allow me to especially commend your editorial on "Different Pre-Natal Influences"; also the last one, referring to Dr. Muncie's paper at the Association of Orificial Surgeons. I am pleased to think that the American Institute has a president so energetic and so practical and fair to all. I wish your typhoid number had come last year. We had 1,100 cases reported in our little city of 10,000.

Dr. Cora Smith-Eaton.
Grand Forks, N. D.

We thank you, ladies, one and all, for your kindly words of approbation. We are glad to think that we think what you think—that sex and science are not inimical.

"THE AUTOCRAT."

The American people had fallen into the habit expecting of Oliver Wendell Holmes that, come what might, he would go on living; a loving and friendly expectation, based on long memories of his happy birthdays, the pleasures they brought him, which always became public pleasures, through the medium of the reporters, who were his cordial friends. But in a dim futurity, which has now become past, across the last white page of the best book he has ever written—his life—the recording angel had enrolled "Finis." The end of him! The peaceful, hearty, sympathetic living; the more peaceful, gentler, happier death. It is to be questioned whether ever before there went over the land such a broad wave of quiet sorrow as swept from coast to coast when his death was heralded. The people who read are the ones who feel the blow most keenly; high and low, novelist and scientist, poet and priest, to whomever and wheresoever the genial, philosophic cult of Dr. Holmes' writings has permeated there the loss is most deeply mourned.

A hysterical woman was tossing on a sick bed in a Western hospital on the morning the papers contained the telegrams of the poet's death. When her nurse went to her that morning she found her sobbing most earnestly over her paper. What was the matter? Oh, she had lost a friend. Who? Oliver Wendell Holmes. Did she know him? "Know him! Everybody who reads and writes knew 'The Autocrat;' we have all met him at the breakfast table." And this element of friendship, of personal warmth and magnetism, bound the poet-physician in this wise to his most distant and unknown readers.

It is, however, pre-eminently as an author that Dr. Holmes was known and will be remembered. As a physician his work was of the accumulative and conventional sort, rather than disseminative and original. He was jealous of innovation and whimsically humorous and paternal in his protection of the ancient faiths of medical men. We of a newer day, reading backward to his burial song to Homeopathy, are not unmindful of how great faiths and fundamental truths, though they begin as tiny as mustard seeds, deepen, and widen and heighten, while the cycles go on ringing new lives into and old lives out of our human affairs. Oliver Wendell Holmes sang his requiem forty years ago; in years young, he sang lustily and well. He dug a grave

as deep as China, and bade an eternal farewell to Homeopathy. Forty years is a long time to a man already forty-five, but Dr. Holmes battled through these years hopefully, happily, honestly, and at their close, only yesterday, an old man, worn and gray, was gathered to his fathers. They dug him a grave only six feet deep this time, and they laid him away tenderly, to lie there till kingdom come. And Homeopathy? Forty years ago she did not know of her funeral. The grave that was dug for her she was not in. Forty years has only counted to her in growth and research and dissemination, in patrons and students and colleges and hospitals and riches and honor and glory. Aye, verily, to err is "regular," to progress is Homeopathic. Oliver Wendell Holmes as poet, scholar, literateur, was one of the grand and glorious men of the century. But as a medical prophet—well, Homepathy has at least outlived him.

Editor's Table.

Dr. Martha Allen Parry has removed from Lancaster, Ohio, to Kokomo, Indiana.

The Association of American Railway Surgeons has just held a successful and profitable meeting in Chicago. This association was organized at Galveston, Texas, a year ago.

Dr. H. Ballou Bryson, of Pittsburg, has issued a neat reprint of a recent very practical article on Eye Strain, as it appeared in the *Hahnemannian Monthly* for October.

Dr. and Mrs. William Simpson, of San Jose, Cal., are rejoicing upon the advent of a daughter in their home. Dr. Simpson's friends in the profession will rejoice with him in his happiness.

Dr. J. B. Murphy, the author of the "Murphy Button," announces that after November 1st his practice will be limited to surgery, operative gynecology and consultations, with offices in the Venetian Building, Chicago.

The Denver profession is about to engage in journalism and we are promised the *Denver Journal of Homeopathy*, a monthly medical magazine to be issued under the editorship of Dr. E. F. Storke, the subscription to be $1 a year.

The forty-fifth year of the Cleveland University of Medicine and Surgery, formerly the Cleveland Homeopathic Hospital College, is reported to have opened exceedingly successfully this fall with above one hundred students in attendance.

All of the Nashville papers gave extensive accounts of Dr. J. P. Dake's work as a physician and citizen of Nashville, attesting high appreciation of his moral worth and exceeding good qualities by the people among whom he lived.

At the next meeting of the Homeopathic Medical Society of Chicago, to be held on the first Wednesday in December, Dr. C. T. Hood will read a paper on the "Complications and Treatment of Diphtheria" and Dr. J. J. Thompson a paper titled "Complications and Treatment of Pneumonia."

A Woman's Medical Club, made up of representatives of the different medical pathies, has been organized in Chicago. It gave its first annual banquet at the Auditorium on the evening of Wednesday, November 14th, the functions of the new organization being social as well as professional.

The *American Homeopathist* has it that it is "*on dit* that The Medical Century has changed ownership but continuing Dr. C. E. Fisher in editorial charge." In this the *American Homeopathist*, like the *Medical Visitor*, is in error. The Medical Century belongs solely to Dr. Fisher and will continue in his ownership as well as under his editorship.

The medical journal or physician desiring the services of a first-class stenographer of large experience and excellent general education can find this want supplied by notifying the business departmen of this office. In this particular instance the Medical Century can give hearty commendation and guarantee a character of service par excellence.

Dr. J. H. Clarke, editor of the *Homeopathic World*, London, announces that he has taken consultation rooms at No. 3 Newman's Court, 73 Cornhill, E. C., where he can be found on Tuesdays and Thursdays, between the hours of 11 and 3. On Mondays, Wednesdays, Fridays and Saturdays Dr. Clarke may be found during the same hours at his residence, 30 Clarges Street, Picadilly, W.

At the last regular meeting of the St. Louis Homeopathic Medical Society Dr. J. Martine Kershaw was re-elected president, Dr. C. J. Luyties was elected vice-president, and Dr. F. D. Canfield was elected secretary for the ensuing term. Under Dr. Kershaw's able management the St. Louis society has done excellent work, and Homeopathy prospers in that suburb of Chicago accordingly.

Dr. Sarah Hackett Stevenson, a well-known old-school physician of Chicago, made very many friends among the Homeopathic profession by extending to Dr. Julia Holmes Smith enthusiastic support during the recent political campaign, forgetting the prejudice which largely exists between her school and the new in her devotion to the principles of the political party of which she is a member. Dr. Stevenson's support of Dr. Smith was thoroughly loyal and earnest.

Dr. Clifford Mitchell desires to correct the impression made public by the Century that he has a private "class" in Diagnosis by the Urine. His course is open to physicians only and instruction is given to but one person at a time, thus making it far more practical and valuable to those pursuing this special course of instruction than were his attention divided among a number.

The Denver Homeopathic Medical College has entered upon its career with a bright and promising class of between twenty-five and thirty students. Dr. N. G. Burnham delivered the opening address. The faculty is evenly composed and well balanced and it is believed that this missionizing venture in Colorado, the natural outgrowth of the recent meeting of the American Institute of Homeopathy in that state, is certain to do much good throughout the great West.

At a recent meeting of the Southern California Homeopathic Medical Society, Dr. J. S. Hodge, of Pasadena, was elected president; Drs. Bishop, of Los Angeles, and Bailey, of San Diego, vice-presidents, and Dr. S. Worcester, of Los Angeles, formerly of Massachusetts, secretary and treasurer. This society is reported to be in a flourishing condition and its meet-

ings are said to be interesting and profitable to those who attend.

Dr. Julia Holmes Smith, so well and popularly known in the Homeopathic profession, made a very acceptable canvass for a position on the Board of Trustees of the University of Illinois in the recent campaign, but, unfortunately for us and the good doctor, she was engulfed by the great Republican land slide which swept the country and failed of election, much to the regret of the Homeopathic profession irrespective of politics.

The management of the Chicago Baptist Hospital has established a twenty-four page monthly journal called *The Baptist Hospital Journal*, under the editorship of Drs. E. E. Vaughan and J. J. Thompson. The first number was issued in June and the second number last month. Hereafter it is to appear regularly once a month, its efforts being directed wholly toward the furtherance of the hospital whose organ it is.

The faculty of the Southwestern Homeopathic College, Louisville, Ky., showed its high appreciation of the services and character of the late Dr. J. P. Dake by giving expression in a series of touching resolutions of their sorrow in connection with his death, the same to be spread upon their minutes and to be sent to the bereaved family and the various medical journals. Dr. Dake's loss will be very much felt throughout the whole South.

Dr. Philip Rice, of Milwaukee, has moved his office from 1725 Lloyd Street to 2405 Sycamore Street. He has also scored another victory against the Allopaths by securing control of the Frances Swallow Nursery, which has heretofore been under old-school management. This makes Dr. Rice's second victory within a year, the first one being the securement of the City Rescue Mission. A pretty good record, this, for a young man in the profession—a member of last year's class at Hering College.

Dr. H. D. Bishop, 89 Euclid Avenue, Cleveland, has sent broadcast a request for opinions from the medical profession upon the "Dispensary Evil," claiming to act upon the theory that none are proper dispensary patients, to be treated free, except the worthy poor and that to extend help to selfish and grasping people who can afford to pay is a wrong to charitable donors and to practicing physicians; in all of which most medical men will heartily concur.

The Homeopathic profession of Nashville contributed a most beautiful, though simple, floral offering upon the occasion of the funeral of Dr. J. P. Dake, consisting of a broken pillar or column of cream and white chrysanthemums with a garland of green with pink and yellow roses upon a green base. The services at the church were exceedingly touching and the whole of Nashville paid tribute to the memory and works of the grand man who has been taken from us.

In the *American Homeopathist* for October 15th Dr. Kraft says that "The editor of the *Southern Journal of Homeopathy* should not trust to the gossip column of the Denver daily papers for his information concerning the sayings and doings of the American Institute of Homeopathy. There was not one whisper of complaint against Dake, or Orme, or Kellogg, or the Smiths, or men of that class. And as for Helmuth or Allen—well, Editor Price should have been present, that's all." In all of which Dr. Kraft is just right.

By the time this issue of the MEDICAL CENTURY reaches its subscribers, the eleventh annual session of the Southern Homeopathic Medical Association will be in full blossom at the Southern Hotel at Chattanooga, the session being announced to convene promptly at 10 o'clock on Wednesday, November 14th. An exceedingly attractive and interesting program has been issued by the Corresponding Secretary, Dr. E. S. Bailey, of Chicago, and all indications point to an eminently successful meeting. It is hoped by this journal that the attendance will be unusually large and that the convention will be in every respect the best the Southern Association has yet held.

A change in firm has been made in the old and well-established pharmacy of Halsey Bros., 51–53 Dearborn Street, Chicago. Messrs. Jennings and Hennig, who have long been associated with Halsey Bros., and Mr. Taylor have purchased the business and will contiue it under the name of the Halsey Bros. Company. The business of the Detroit and Buffalo pharmacies will be continued by Mr. Halsey under his own name. Messrs. Jennings and Hennig are well known to the Homeopathic profession of this city as thoroughly competent pharmacists and enterprising young business men, and their success in this pharmaceutical venture is beyond question assured.

The report for the Fabiola Hospital of Oakland, Cal., for the year just closing makes a most excellent showing. Dr. Ward, the Pacific Coast's gynecologist, is credited with thirty-four celiotomies, twenty-seven trachelorraphies, twenty perineorrhaphies, twenty-four curettements and a number of other operations. Dr. Florence Saltonstall, our woman surgeon, performed three celiotomies, four vaginal hysterectomies, twenty-two trachelorraphies, eighteen perineorraphies, thirty curettements of the uterus and several other operations. This is a splendid report for the Fabiola and indicates a good deal of enterprise and surgical skill upon the part of those in charge of its surgical wards.

Dr. J. A. Vincent, Chairman of the Legislative Committee of the Illinois State Medical Society, visited Chicago recently in connection with his duties as a member of the State Board of Health and while in the city called together a number of the members of the State Legislative Committee to consider questions of interest in connection with the affairs of Homeopathy in Illinois. Among those present were: Drs. Leavitt, Crawford, Fisher, Duncan, Cowperthwaite, Allen, Kent, Geisse, Dunn, Beaumont, Weirick, and several others. A subcommittee, to be appointed by Dr. Vincent, was ordered created for the purpose of preparing such measures for consideration by the profession as may be deemed best for legislative purposes, this committee to report later.

Dr. Edward Vincent, Springfield, Illinois, son of Dr. J. A. Vincent, of the State Board of Health, who was a member of the Pearry expedition to the Arctic regions and who was in that frigid country more than a year searching for the North Pole, gave a lecture at the First Baptist Church for the benefit of Hahnemann Hospital, Chicago, on the evening of Monday, November 12th, on his experiences in the North. It was illustrated by many articles necessary to Polar life, as furs, canoes, spears, etc., and was interesting and instructive in high degree. A snug sum of money was raised for Hahnemann Hospital through admissions upon Dr. Vincent's lecture.

The *Atlanta Constitution* has instituted a department devoted to contemporaneous science, and in the

issue of October 24th gave place to a resume of Dr. F. H. Orme's excellent article read before the American Institute of Homeopathy entitled: "To What Extent Do Physicians Carry Infection?" The daily press of our country could do good service to their readers and the people at large by adopting the *Constitution's* program and acquainting them with many of the problems connected with medical and surgical science, of which they know but little, if anything, at present. Especially suitable for a department of this kind are articles along the line of preventive medicine and practical Homeopathy for the people.

The fall meeting of the Eastern Ohio Medical Society was held at the office and home of Dr. R. B. Rush, in Salem, on the afternoon of October 17th, with a larger attendance than the society has had for a long time, and with a number of prominent visitors among them: Dr. E. V. Van Norman, of San Diego, Cal.; Dr. H. F. Biggar, Cleveland; Dr. Millie J. Chapman, Pittsburg, Pa.; Dr. H. B. Van Norman, of Cleveland, Ohio, and a number of others. Telegrams of regret of inability to attend were read at the meeting from Dr. J. H. McClelland, president American Institute of Homeopathy, the editor of this journal and others. The meeting was held at the home of Dr. Rush, out of compliment to the good doctor and his long membership in this prosperous local association.

A very successful and interesting meeting of the Homeopathic Medical Society of Chicago was held at the Grand Pacific Hotel on the evening of Wednesday, November 7th, at which meeting Prof. A. G. Thome, of the National Homeopathic Medical College, read a paper on "Cleanliness in Obstetrics," followed by an exceedingly practical one by Dr. Sheldon Leavitt, of Hahnemann Medical College, on "Manual and Mechanical Manipulations in Confinement." The attendance was large, considering the fact that the weather was very unpropitious, and it would have been very much larger were the new society housed in its own quarters, a comfortable Homeopathic club-room, for instance, as it might be, and as it is hoped it will be ere long. The next meeting will be held on the first Wednesday evening of December.

The profession of Omaha has issued a circular invitation to the physicians throughout the Northwest, inviting them to meet in Omaha, on Wednesday, November 21st, at the Mercer Hotel, for the purpose of organizing the Missouri Valley Homeopathic Medical Association. An address of welcome will be delivered by Dr. Sumner Davis, of Omaha, which will be responded to by Dr. A. P. McComber, of Atlantic, Iowa. An interesting professional program has been arranged and papers will be read by Dr. Hanchett, of Council Bluffs, Iowa; Dr. Adams, of Sac City, Iowa; Dr. Neal, of Falls City, Neb.; Dr. Eaton, of Des Moines, Iowa; Dr. Perry Bowman, of Sioux City, Iowa; Drs. Mann, Lankton, Quimby, Sprague and Moriarty, all of Omaha, and by Drs. Dorris, of Lincoln, Neb., Humphrey, of Plattsmouth, Neb., and Bailey, of Lincoln. The call is signed by a committee of ten, appointed by a convention of physicians held October 19, 1894, of which Dr. D. A. Foote, of Omaha, is chairman.

A regular meeting of the Homeopathic Medical Society of St. Louis was held at the Board of Education building, Saturday, November 3d. The president, Dr. J. Martine Kershaw, was in the chair, and Dr. C. F. Luyties acted as secretary. Drs. Richardson, Comstock, McElwee and Gutherz were appointed delegates to the meeting of the Southern Homeopathic Medical Association, which meets at Chattanooga, Tenn., November 15th, 16th and 17th. Dr. Edmonds reported the death of Dr. J. P. Dake, of Nashville, and the chair appointed Drs. Edmonds, Comstock and Cummings to draft resolutions on his death. The Committee on Prevailing Diseases reported a great deal of pneumonia, bronchitis and catarrhal diseases as prevalent. Dr. W. A. Edmonds read the essay of the evening, his subject being "Moist Heat as a Therapeutic Measure." This proved an able paper, and was discussed by Drs. Comstock, Richardson, McElwee, Morgan, Cummings, Luyties, Gutherz, Black and Canfield. The matter of building a new Homeopathic hospital was laid over until the next meeting. Dr. T. G. Comstock will present a paper at the next session on "The Curette in the Treatment of Women."

In a recent issue the Medical Century asked its subscribers who had appointments on pension boards throughout the country to notify us of their appointment, in order that we might furnish the information to others seeking these positions, and in reply we have received a number of responses. Dr. J. P. McCullough, Tuscola, Ill., was appointed pension examiner on June 23, 1893, his colleagues in the board being of the old school. Dr. Badiff, of Uniopolis, Ohio, was appointed on the board at Wapakoneta, Ohio, on the same date. Dr. F. H. Anthony was appointed on the board at Mattoon, Ill., in June, but resigned in September, on account of changing his location to Wapakoneta. Dr. E. C. Oglesby, of Cedarville, Ohio, a graduate of Pulte Medical College, is an appointee of the present administration at Cedarville, Ohio. He has, however, disposed of his practice to Dr. D. H. Kneisly, of Troy, Ohio, and will shortly remove to Xenia. Dr. W. P. Williamson, of Tippecanoe City, Ohio, was appointed a member of the board for Piqua, Miami County, that State, in June, 1893, and still holds his position, the board being composed of one Allopath, one Homeopath and one Eclectic. Dr. A. S. Hansen is a member of the pension board for Black Hawk County, Iowa. The other members of the board are of the old school. The pension board at Berlin, Wis., is composed of two Homeopaths and one Allopath, the latter residing in Oshkosh, twenty miles distant. Dr. L. A. Wolcott is a member of the Berlin board. The other Homeopathic member is not known to us. From these responses it will be seen that a number of Homeopathic physicians have been appointed pension examiners during the present administration. There are doubtless a great many more, and since this report goes to show that the Century is read we shall expect to receive the names of numerous other appointees right along.

A considerable number of most excellent articles, covering nearly every department of medical and surgical science, are on the editor's table awaiting opportunity for presentation to the profession through these columns. Just as fast as possible they will be given place. The several special numbers we have been issuing have so crowded the Century's pages that many really meritorious contributions have been held up, some of them a long time. We shall not issue any more special editions till the table is cleared, the next special number to be devoted to diphtheria, bearing date of January 1, 1895. The first number for the new year will be one of exceeding value, and will contain the views and experiences of a galaxy of strong men in the profession.

Jabez P. Dake, M. D.

Died October 28; 1894.